

# JONESPORT-BEALS HIGH SCHOOL ~ JAN. 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Milk will be offered every day for breakfast and lunch.</p> <p>Every meal will have the state requirements for fruit &amp; vegetables.</p>	<p>State of Maine and USDA is an equal opportunity provider &amp; employer.</p> <p>Menu subject to change without notice.</p>	<p><b>1</b></p> <p><b>NO SCHOOL</b></p> <p>See you tomorrow!</p>	<p><b>2</b> Cereal &amp; Toast</p> <p>Walking Tacos</p> <p>Rice</p> <p>Fruit</p>	<p><b>3</b> French Toast</p> <p>Tomato Soup</p> <p>Grilled Cheese</p> <p>Croissant</p> <p>Crackers</p> <p>Fruit</p>
<p><b>6</b> Cereal &amp; Toast</p> <p>Shepherds Pie</p> <p>Roll</p> <p>Fruit</p>	<p><b>7</b> Breakfast Pizza</p> <p>Sub Bar</p> <p>Chip</p> <p>Fruit</p>	<p><b>8</b> Cereal &amp; Toast</p> <p>Sweet &amp; Sour</p> <p>Chicken</p> <p>Rice</p> <p>Egg Roll</p> <p>Fruit</p>	<p><b>9</b> Cinnamon Roll</p> <p>Spaghetti &amp; Sauce</p> <p>Salad</p> <p>Garlic Bread</p>	<p><b>10</b> Cereal &amp; Toast</p> <p>Chicken Quesadilla</p> <p>Mexican Corn</p> <p>Black Beans &amp; Rice</p> <p>Fruit</p>
<p><b>13</b> Cereal &amp; Toast</p> <p>Mini Pepperoni Pizza</p> <p>Pretzel</p> <p>Vegetables &amp; Dips</p> <p>Fruit</p>	<p><b>14</b> Sausage Flapstick</p> <p>Lasagna</p> <p>Caesar Salad</p> <p>Dinner Roll</p> <p>Fruit</p>	<p><b>15</b> Cereal &amp; Toast</p> <p>Chicken Nuggets</p> <p>Loaded Potato</p> <p>Peas</p> <p>Yogurt &amp; Fruit</p>	<p><b>16</b> Cheese Omelette</p> <p>BLT Croissant</p> <p>Cheese Stick</p> <p>Chips</p> <p>Fruit</p>	<p><b>17</b> Cereal &amp; Toast</p> <p>Hot Dog</p> <p>Chips</p> <p>Carrots &amp; Dip</p> <p>Ice Cream</p>
<p><b>20</b></p> <p><b>NO SCHOOL</b></p>	<p><b>21</b> Waffles</p> <p>Chicken Parmesan</p> <p>Sub</p> <p>French Fries</p> <p>Fruit</p>	<p><b>22</b> Cereal &amp; Toast</p> <p>Taco Salad</p> <p>Rice</p> <p>Fruit</p>	<p><b>23</b> Breakfast Pizza</p> <p>Chicken Bacon</p> <p>Ranch</p> <p>Casserole</p> <p>Mixed Vegetable</p> <p>Fruit</p>	<p><b>24</b> Cereal &amp; Toast</p> <p>Cheeseburger</p> <p>Potato Wedges</p> <p>Fruit</p>
<p><b>27</b> Cereal &amp; Toast</p> <p>Chicken Caesar</p> <p>Salad</p> <p>Bosco Stick</p> <p>Fruit</p>	<p><b>28</b> Muffins</p> <p>Turkey Noodle Soup</p> <p>Crackers</p> <p>Biscuit</p> <p>Cheese Stick</p> <p>Fruit</p>	<p><b>29</b> Cereal &amp; Toast</p> <p>Popcorn Chicken</p> <p>Bowl</p> <p>Roll</p> <p>Fruit</p>	<p><b>30</b> Egg Muffin</p> <p>Sausage Rice</p> <p>Casserole</p> <p>Broccoli</p> <p>Fruit</p>	<p><b>31</b> Cereal &amp; Toast</p> <p>Meatsauce &amp;</p> <p>Breadstick</p> <p>Vegetable &amp; Dip</p> <p>Yogurt &amp; Fruit</p>