

JONESPORT-BEALS HIGH SCHOOL

October 2024

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| | 1 Cereal & Toast | 2 French Toast Sticks | 3 Cereal & Toast | 4 Sausage Flapstick |
| Milk will be offered every day for breakfast and lunch. Every meal will have the state requirements for fruit & vegetables. | Wing Day Emoji Fries Celery Sticks Grapes | Shepherds Pie Dinner Roll Pineapple | Corn Dog Baked Beans Fruit | Haddock Burger Chips Coleslaw Frozen Fruit Bar |
| 7 Cereal & Toast | 8 Blueberry Muffins | 9 Pancakes | 10 Cereal & Toast | 11 French Toast Bake |
| Egg Salad Sandwich Chips Apple | Chili Cornbread Fruit | Chicken Bacon Ranch Casserole Wax Beans Bread Stick Apple | Ham or Turkey Sub Popcorn or Pretzel Peaches | Pulled Pork Sandwich Corn Niblets Fruit |
| 14 | 15 | 16 Cinnamon Rolls | 17 Cereal & Toast | 18 Breakfast Pizza |
| NO SCHOOL | NO SCHOOL | BLT Croissant Chips Mandarin Orange Salad | Hot Turkey Sandwich Mashed Potato Peas Cranberry Sauce | Mac and Cheese Sausage Patty Green Beans Honeydew |
| 21 Omelette | 22 Cereal & Toast | 23 Sausage Flapstick | 24 Cereal & Toast | 25 Breakfast Sandwich |
| Chicken Finger Sub Cheese Stick Pineapple | Meatball Sub Chips Applesauce | Popcorn Chicken FF Carrots & Peas Fruit | Chop Suey Italian Bread Caesar Salad Apple | Corn Chowder Grilled Cheese Roll Melon |
| 28 Cereal & Toast | 29 Breakfast Pizza | 30 Cereal & Toast | 31 Blueberry Pancakes | |
| Tuna Roll Cheese Broccoli Chips Yogurt & Fruit | Breadsticks Meat Sauce Veggies & Dip Jello | Spaghetti Garlic Bread Salad Melon | Mummy Dog Potato Wedges Zucchini Pumpkin Cookie | State of Maine and USDA is an equal opportunity provider & employer. Menu subject to change without notice. |