

# Jonesport-Beals High School

**October 2025**

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1 BAGEL</b>	<b>2 CEREAL &amp; TOAST</b>	<b>3 EARLY RISER</b>
		<b>SPAGHETTI &amp; MEAT SAUCE SALAD GARLIC BREAD FRUIT</b>	<b>HAM ITALIAN CHIPS FRUIT</b>	<b>ROYAL CHEESEBURGER FALCON FRIES FRUIT</b>
<b>6 CEREAL &amp; TOAST</b>	<b>7 BREAKFAST SCRAMBLER</b>	<b>8 CEREAL &amp; TOAST</b>	<b>9 BREAKFAST SANDWICH</b>	<b>10 WAFFLE STICKS</b>
<b>TURKEY BLT CROISSANT SMILEY FRIES FRUIT</b>	<b>CHICKEN BACON RANCH CASSEROLE VEGETABLE ROLL FRUIT</b>	<b>CORN CHOWDER GRILLED CHEESE CRACKERS FRUIT</b>	<b>CHICKEN NUGGETS MASH POTATO ROLL FRUIT</b>	<b>BAKED MAC &amp; CHEESE SAUSAGE PATTY FRUIT</b>
<b>13</b>	<b>14</b>	<b>15 CEREAL &amp; TOAST</b>	<b>16 MUFFINS</b>	<b>17 CEREAL &amp; TOAST</b>
<b>No SCHOOL</b>	<b>No SCHOOL FOR STUDENTS  TEACHER WORKSHOP</b>	<b>PIG IN A BLANKET POTATO WEDGES FRUIT</b>	<b>COOL RANCH CHICKEN WRAP CHIPS FRUIT</b>	<b>CHICKEN NOODLE SOUP CHEESE STICK CRACKERS FRUIT</b>
<b>20 CEREAL &amp; TOAST</b>	<b>21 BREAKFAST PIZZA</b>	<b>22 CEREAL &amp; TOAST</b>	<b>23 PANCAKES</b>	<b>24 CEREAL &amp; TOAST</b>
<b>CHOP SUEY ITALIAN BREAD VEGETABLE FRUIT</b>	<b>TURKEY ROLLUP W/ STUFFING VEGETABLE CRANBERRY SAUCE</b>	<b>BUTTERED NOODLES VEGETABLE ROLL FRUIT</b>	<b>PIZZA CAESAR SALAD FRUIT</b>	<b>CORN DOG BAKED BEANS CORN ON THE COB</b>
<b>27 CEREAL &amp; TOAST</b>	<b>28 BREAKFAST PIZZA</b>	<b>29 SAUSAGE FLAPSTICK</b>	<b>30 CEREAL &amp; TOAST</b>	<b>31</b>
<b>SLOPPY JOES PRETZELS &amp; CHEESE FRUIT</b>	<b>SHEPHERD'S PIE ROLL FRUIT</b>	<b>CHILI CORNBREAD CLEMENTINE PUMPKINS</b>	<b>FREAKY FRANKS CUCUMBER &amp; DIP BOO-NANAS</b>	

Milk will be offered every day for breakfast and lunch.

Every meal will have the state requirements for fruit & vegetables.

State of Maine and USDA is an equal opportunity provider & employer.

Menu subject to change without notice.

