

Jonesport-Beals High School

October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Cereal & Toast	2 Cinnamon Roll
			Corn Chowder Grilled Cheese Crackers Fruit	Breadsticks Meat Sauce Veggies & Dip Fruit
5 Eggs & Homefries	6 Cereal & Toast	7 Breakfast Pizza	8 Cereal & Toast	9 Poptarts
Cheese Ravioli Meat Sauce Roll Fruit	Corndog Veggie Yogurt Parfait	Mac & Cheese Nuggets Veggie Fruit	Chicken Ranch Wrap Chips Veggie & Dip Fruit	Fish Sticks Smiley Fries Yogurt & Fruit
12	13	14 Bagel	15 Pancakes	16 Cereal & Toast
NO SCHOOL	Teacher Workshop No School for students	English Muffin Pizza Veggies & Dip Fruit	Chili Cornbread Cheesestick Fruit	Turkey BLT Croissant Dill Pickle Chips Fruit
19 Cereal & Toast	20 Waffles	21 Cheese Omelette	22 Cereal & Toast	23 French Toast
Buttered Noodles Hotdog & Roll Veggie Fruit	Hot Ham & Cheese Sliders Chips Veggie & Dip Fruit	Chop Suey Roll Veggie Fruit	English Muffin Pizza Veggie & Dip Fruit	Meatball Sub Smiley Fries Fruit
26 Cereal & Toast	27 Breakfast Bar	28 Cereal & Toast	29 Sausage Flapstick	30 Muffins
Chicken Fingers Mashed Potato Veggie Fruit	Taco Salad Rice Fruit	Ham & Cheese Sub Pretzel & Cheese Fruit	Sweet Sour Chicken Rice Egg Roll Fruit	SPOOKTACULAR LUNCH!!!!!! Eat if you DARE!!!

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.

