








**PORTLAND
SCHOOLS
ELEMENTARY
BREAKFAST MENU**



Monday	Tuesday	Wednesday	Thursday	Friday
28 Skim or Low Fat White Milk is included with each meal	29 For a nutritious breakfast, be sure to choose a fruit with your meal!	30 Cheerios Cereal Bowl Petite Banana 100% Fruit Juice 	31 Strawberry Banana Yogurt Cinnamon Granola Fresh Pear	1 
4 LABOR DAY - NO SCHOOL 	5 Apple Berry Vertical Bar Diced Peach Cup 100% Fruit Juice	6 Cinnamon Toast Crunch Cereal Bowl Petite Banana 100% Fruit Juice	7 Raspberry Yogurt Cinnamon Granola Fresh Pear	8 Apple Cinn Cereal Bar String Cheese Fresh Apple
11 Bagel & Cream Cheese 100% Fruit Juice Diced Pear Cup	12 Cinnamon Crisp Vertical Bar Orange Smiles	13 Golden Grahams Cereal Petite Banana 100% Fruit Juice	14 Blueberry Yogurt Cinnamon Granola Fresh Pear 	15 Trix Cereal Bar String Cheese Fresh Apple
18 Bagel & Cream Cheese Mixed Fruit Cup 100% Fruit Juice	19 Strawberry Crisp Bar Orange Smiles 	20 Cheerios Cereal Bowl Petite Banana 100% Fruit Juice	21 Strawberry Banana Yogurt Cinnamon Granola Fresh Pear	22 Cinn Toast Crunch Bar String Cheese Fresh Apple 
25 Bagel & Cream Cheese Diced Peach Cup 100% Fruit Juice	26 Apple Berry Vertical Bar Orange Smiles	27 Trix Cereal Bowl Petite Banana 100% Fruit Juice 	28 Raspberry Yogurt Cinnamon Granola Fresh Pear	29 Apple Cinn Cereal Bar String Cheese Fresh Apple

Changes in the breakfast menu reflect an attempt at reducing the amount of sugar in our breakfast meals.

We appreciate your continued participation in our program and encourage your comments to austik@portlandschools.com

Looking for a job that lets you be at home when your family needs you?

Food Service Substitute workers needed.

Call 874-8233 from 10 am to 2 pm and speak with Cathie Guimond or email her at guimoc@portlandschools.org

Menus subject to change without notice. Foods may contain nuts or nut products.

This institution is an equal opportunity provider and employer.