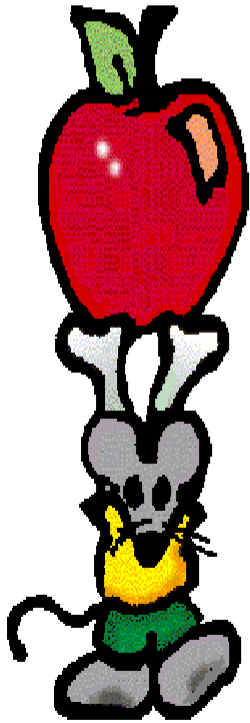
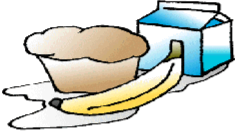



**PORTLAND PUBLIC
SCHOOLS
MIDDLE SCHOOL
BREAKFAST MENU
SEPTEMBER 2017**

**Get off to a
Good Start,
Eat Breakfast!**

For a nutritious breakfast, be sure to choose a fruit with your meal!



Monday	Tuesday	Wednesday	Thursday	Friday
28 	29	30 Maple Waffle Jumbo Banana	31 Blueberry Muffin Dried Fruit 100% Fruit Juice	1 No School
4 No School - Labor Day 	5 Bagel & Cream Cheese Fresh Fruit	6 Corn Muffin Jumbo Banana	7 Super Banana Bread Dried Fruit 100% Fruit Juice	8 Managers Choice Alt. Jumbo Banana
11 Cinnamon Breakfast Bar Fresh Apple	12 Apple Frudel Stick Dried Fruit 100% Fruit Juice	13 Maple Waffle Jumbo Banana	14 Blueberry Muffin Dried Fruit 100% Fruit Juice	15 Managers Choice Alt. Jumbo Banana
18 Cinnamon Oatmeal Round Applesauce Cup 100% Fruit Juice	19 Bagel & Cream Cheese Fresh Fruit	20 Corn Muffin Jumbo Banana	21 Super Banana Bread Dried Fruit 100% Fruit Juice	22 Managers Choice Alt. Jumbo Banana
25 Cinnamon Breakfast Bar Fresh Apple	26 Apple Frudel Stick Dried Fruit 100% Fruit Juice	27 Maple Waffle Jumbo Banana	28 Blueberry Muffin Dried Fruit 100% Fruit Juice	29 Managers Choice Alt. Jumbo Banana

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

This Institution is an equal opportunity provider and employer.