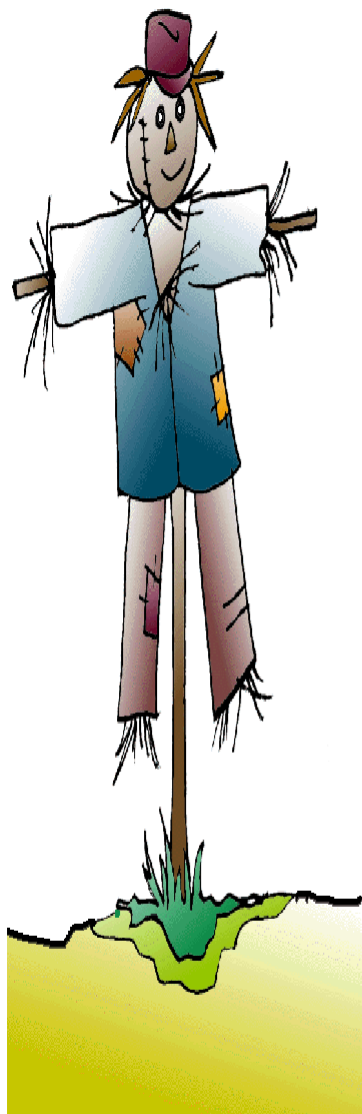






October

PORTLAND SCHOOLS ELEMENTARY BREAKFAST MENU



Monday	Tuesday	Wednesday	Thursday	Friday
2 Bagel & Cream Cheese Diced Peach Cup 100% Fruit Juice	3 Cinnamon Crisp Vertical Bar Orange Smiles	4 Cinnamon Toast Crunch Cereal Bowl Petite Banana 100% Fruit Juice 	5 Blueberry Yogurt Cinnamon Granola Fresh Pear Bayside - Vertical Bar	6 Trix Cereal Bar String Cheese Fresh Apple
9 Holiday No School 	10 Bagel & Cream Cheese Mixed Fruit Cup 100% Fruit Juice	11 Strawberry Banana Yogurt Cinnamon Granola Fresh Pear Bayside - Vertical Bar	12 Cheerios Cereal Bowl Petite Banana 100% Fruit Juice	13 Cinn Toast Crunch Cereal Bar String Cheese Fresh Apple
16 Bagel & Cream Cheese Diced Pear Cup 100% Fruit Juice	17 Strawberry Crisp Bar Orange Smiles	18 Trix Cereal Bowl Petite Banana 100% Fruit Juice	19 Raspberry Yogurt Cinnamon Granola Fresh Pear Bayside - Vertical Bar 	20 Apple Cinn Cereal Bar String Cheese Fresh Apple
23 Bagel & Cream Cheese Diced Peach Cup 100% Fruit Juice	24 Apple Berry Vertical Bar Orange Smiles	25 Cinnamon Toast Crunch Cereal Bowl Petite Banana 100% Fruit Juice	26 Blueberry Yogurt Cinnamon Granola Fresh Pear Bayside - Vertical Bar	27 Trix Cereal Bar String Cheese Fresh Apple 
30 Bagel & Cream Cheese Mixed Fruit Cup 100% Fruit Juice	31 Cinnamon Crisp Vertical Bar Orange Smiles		Skim or Low Fat White Milk is included with each meal	For a nutritious breakfast, be sure to choose a fruit with your meal!

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



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

This institution is an equal opportunity provider and employer.