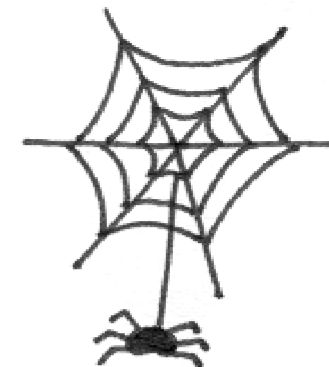


PORTLAND  
PUBLIC  
SCHOOLS  
PORTLAND &  
DEERING HIGH  
SCHOOLS  
BREAKFAST

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



Monday	Tuesday	Wednesday	Thursday	Friday
Apple Cinnamon Breakfast Bar Assorted Cereal Bowls Yogurt & Granola Bagel & Cream Cheese Freshly Baked Warm Muffin Banana Bread <b>Apple Frudel Stick</b> Variety of Breakfast <b>Sandwiches</b> Orange Juice Fresh Fruit	Apple Cinnamon Breakfast Bar <b>Texas French Toast</b> <b>Breakfast Pizza</b> Variety of Cereal Bowls Yogurt and Granola Bagel & Cream Cheese Freshly Baked Warm Muffin Banana Bread Orange Juice Fresh Fruit	Apple Cinnamon Breakfast Bar Assorted Cereal Bowls Yogurt & Granola Bagel & Cream Cheese Freshly Baked Warm Muffin Banana Bread <b>Apple Frudel Stick</b> Variety of Breakfast <b>Sandwiches</b> Orange Juice Fresh Fruit	Apple Cinnamon Breakfast Bar Assorted Cereal Bowls Yogurt & Granola Bagel & Cream Cheese Freshly Baked Warm Muffin Banana Bread <b>French Toast</b> <b>Apple Frudel Stick</b> <b>Breakfast Pizza</b> <b>Fresh Cinnamon Rolls</b> Orange Juice Fresh Fruit	Apple Cinnamon Breakfast Bar Assorted Cereal Bowls Yogurt & Granola Bagel & Cream Cheese Freshly Baked Warm Muffin Banana Bread <b>Apple Frudel Stick</b> Variety of Breakfast <b>Sandwiches</b> Orange Juice Fresh Fruit

BREAKFAST INCLUDES 3 OF 4 ITEMS:  
1-MILK 2-JUICE OR FRUIT  
3-1 GRAIN(CEREAL BOWL/BAR)  
4-1 PROTEIN (YOGURT,CHEESE, EGG)  
OR  
3/4-2 GRAINS (1 LARGE-PANCAKE, WAFFLE )

BREAKFAST:  
Free for students  
\$1.50 Staff and Visitors  
All meals come with your choice of  
Skim or 1% White Milk

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

**SAME MENU EACH WEEK**

This institution is an equal opportunity provider and employer.