



**CASCO BAY HIGH  
SCHOOL  
BREAKFAST  
MENU**

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

**BREAKFAST:**  
\$1.30 for students  
\$1.50 Staff and Visitors  
All meals come with your  
choice of

Monday	Tuesday	Wednesday	Thursday	Friday
28 Skim or 1% White Milk served with each breakfast	29 	30 Cheerios Cereal Bowl Petite Banana 100% Fruit Juice	31 Strawberry Banana Yogurt Cinnamon Granola Fresh Pear	1 NO SCHOOL
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 Aunt Jemima Pancakes or Apple Cinn Cereal Bar & String Cheese Fresh Apple
11 Bagel & Cream Cheese 100% Fruit Juice Diced Pear Cup	12 Egg & Cheese on English Muffin or Cinnamon Crisp Bar Orange Smiles	13 Golden Grahams Cereal Bowl Petite Banana 100% Fruit Juice	14 Egg & Cheese on an English Muffin or Yogurt & Granola Fresh Pear	15 Aunt Jemima Pancakes or Trix Cereal Bar & String Cheese Fresh Apple
18 Bagel & Cream Cheese Mixed Fruit Cup 100% Fruit Juice	19 Egg & Cheese on English Muffin or Strawberry Crisp Bar Orange Smiles	20 Cheerios Cereal Bowl Petite Banana 100% Fruit Juice	21 Egg & Cheese on an English Muffin or Yogurt & Granola Fresh Pear	22 Aunt Jemima Pancakes or Cinn Toast Crunch Bar & String Cheese Fresh Apple
25 Bagel & Cream Cheese Diced Peach Cup 100% Fruit Juice	26 Egg & Cheese on English Muffin Apple Berry Vertical Bar Orange Smiles	27 Trix Cereal Bowl Petite Banana 100% Fruit Juice	28 Egg & Cheese on an English Muffin or Yogurt & Granola Fresh Pear	29 Aunt Jemima Pancakes or Apple Cinn Cereal Bar & String Cheese Fresh Apple

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

This institution is an equal opportunity provider