



# SEPTEMBER 2021

Menu subject to change  
 All grain products are whole grain  
 This institution is an equal opportunity provider

## South Portland School Department Elementary School Breakfast Menu

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

\*School Closed\*

6

Assorted Cereal  
 Fresh Fruit  
 Milk Variety

7

Assorted Muffins  
 Fresh Fruit  
 Milk Variety

8

Yogurt  
 Fresh Fruit  
 Milk Variety

9

Waffles  
 Fresh Fruit  
 Milk Variety

10

Assorted Cereal  
 Fresh Fruit  
 Milk Variety

13

Fresh Bagels  
 Fresh Fruit  
 Milk Variety

14

Yogurt  
 Fresh Fruit  
 Milk Variety

15

Assorted Muffins  
 Fresh Fruit  
 Milk Variety

16

Pancakes  
 Fresh Fruit  
 Milk Variety

17

Assorted Cereal  
 Fresh Fruit  
 Milk Variety

20

Waffles  
 Fresh Fruit  
 Milk Variety

21

**\*EARLY RELEASE DAY\***  
 Assorted Cereal  
 Fresh Fruit  
 Milk Variety

22

Yogurt  
 Fresh Fruit  
 Milk Variety

23

Fresh Bagels  
 Fresh Fruit  
 Milk Variety

24

Assorted Cereal  
 Fresh Fruit  
 Milk Variety

27

Pancakes  
 Fresh Fruit  
 Milk Variety

28

Yogurt  
 Fresh Fruit  
 Milk Variety

29

Assorted Cereal  
 Fresh Fruit  
 Milk Variety

30

SPSD is hiring!

Check out [schoolspring.com](http://schoolspring.com) OR

Contact Shawn Perry at: [perrysh@spsdme.org](mailto:perrysh@spsdme.org)

Please contact the nutrition office at 767-3266 ext. 3842 with any questions.

The South Portland School Nutrition Program offers FREE school breakfast meals to all enrolled participants

Breakfast is being offered in a variety of ways: breakfast in the classroom, breakfast grab & go stations

Fresh fruits & vegetables to include but not limited to apples, oranges, bananas, peaches, pears, 100% juice

Assorted milk includes a variety of 1% or nonfat milk.

