



# SEPTEMBER 2021

## South Portland School Department Middle School Breakfast Menu

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

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



**6**  
 \*School Closed\*

**7**  
 Assorted Cereal  
 100% Juice  
 Fresh Fruit  
 Milk Variety

**8**  
 Assorted Muffins  
 100% Juice  
 Fresh Fruit  
 Milk Variety

**9**  
 Assorted Sweet Breads  
 100% Juice  
 Fresh Fruit  
 Milk Variety

**10**  
 Assorted Pastry  
 100% Juice  
 Fresh Fruit  
 Milk Variety

**13**  
 Assorted Cereal  
 100% Juice  
 Fresh Fruit  
 Milk Variety

**14**  
 Assorted Breakfast Bars  
 100% Juice  
 Fresh Fruit  
 Milk Variety

**15**  
 Fresh Bagels  
 100% Juice  
 Fresh Fruit  
 Milk Variety

**16**  
 Cinnamon Buns  
 100% Juice  
 Fresh Fruit  
 Milk Variety

**17**  
 Assorted Muffins  
 100% Juice  
 Fresh Fruit  
 Milk Variety

**20**  
 Assorted Cereal  
 100% Juice  
 Fresh Fruit  
 Milk Variety

**21**  
 Assorted Sweet Breads  
 100% Juice  
 Fresh Fruit  
 Milk Variety

**22**  
 \*EARLY RELEASE DAY\*  
 Assorted Muffins  
 100% Juice  
 Fresh Fruit  
 Milk Variety

**23**  
 Assorted Breakfast Bars  
 100% Juice  
 Fresh Fruit  
 Milk Variety

**24**  
 Cinnamon Buns  
 100% Juice  
 Fresh Fruit  
 Milk Variety

**27**  
 Assorted Cereal  
 100% Juice  
 Fresh Fruit  
 Milk Variety

**28**  
 Pancakes  
 100% Juice  
 Fresh Fruit  
 Milk Variety

**29**  
 Assorted Pastry  
 100% Juice  
 Fresh Fruit  
 Milk Variety

**30**  
 Assorted Cereal  
 100% Juice  
 Fresh Fruit  
 Milk Variety

SPSD is hiring!

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

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

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, breakfast in the cafeteria

Common everyday items include assorted cereal, breakfast sandwiches, muffins, breads, buns, frudels, and more, dependent upon style of operation

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