

**ALL MEALS ARE
FREE
FOR ALL STUDENTS**
(Milk only is \$0.50)

**PORTLAND PUBLIC SCHOOLS
DEERING & PORTLAND HIGH
BREAKFAST MENU
DECEMBER 2022**

All meals served
with a choice of
skim or 1%
Maine Milk

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Blueberry Nutrigrain Bar Assorted Cereal Strawberry Banana Yogurt Granola Bagel Breakfast Pizza Fresh Cinnamon Rolls Mini Pancakes Apple Frudel Stick	2 Blueberry Nutrigrain Bar Assorted Cereal Strawberry Banana Yogurt Granola Bagel Bagel Egg & Cheese Fresh Cinnamon Rolls Mini Pancakes Apple Frudel Stick
5 Blueberry Nutrigrain Bar Assorted Cereal Strawberry Banana Yogurt Granola Bagel Bagel Egg & Cheese Fresh Cinnamon Rolls Mini Pancakes Apple Frudel Stick	6 Blueberry Nutrigrain Bar Assorted Cereal Strawberry Banana Yogurt Granola Bagel Breakfast Pizza Fresh Cinnamon Rolls Mini Pancakes Apple Frudel Stick	7 Blueberry Nutrigrain Bar Assorted Cereal Strawberry Banana Yogurt Granola Bagel Fresh Cinnamon Rolls Mini Pancakes Apple Frudel Stick	8 Blueberry Nutrigrain Bar Assorted Cereal Strawberry Banana Yogurt Granola Bagel Breakfast Pizza Fresh Cinnamon Rolls Mini Pancakes Apple Frudel Stick	9 Blueberry Nutrigrain Bar Assorted Cereal Strawberry Banana Yogurt Granola Bagel Bagel Egg & Cheese Fresh Cinnamon Rolls Mini Pancakes Apple Frudel Stick
12 Blueberry Nutrigrain Bar Assorted Cereal Strawberry Banana Yogurt Granola Bagel Bagel Egg and Cheese Fresh Cinnamon Rolls Mini Pancakes Apple Frudel Stick	13 Blueberry Nutrigrain Bar Assorted Cereal Strawberry Banana Yogurt Granola Bagel Breakfast Pizza Fresh Cinnamon Rolls Mini Pancakes Apple Frudel Stick	14 Blueberry Nutrigrain Bar Assorted Cereal Strawberry Banana Yogurt Granola Bagel Fresh Cinnamon Rolls Mini Pancakes Apple Frudel Stick	15 Blueberry Nutrigrain Bar Assorted Cereal Strawberry Banana Yogurt Granola Bagel Breakfast Pizza Fresh Cinnamon Rolls Mini Pancakes Apple Frudel Stick	16 Blueberry Nutrigrain Bar Assorted Cereal Strawberry Banana Yogurt Granola Bagel Bagel Egg & Cheese Fresh Cinnamon Rolls Mini Pancakes Apple Frudel Stick
19 Blueberry Nutrigrain Bar Assorted Cereal Strawberry Banana Yogurt Granola Bagel Bagel Egg & Cheese Fresh Cinnamon Rolls Mini Pancakes Apple Frudel Stick	20 Blueberry Nutrigrain Bar Assorted Cereal Strawberry Banana Yogurt Granola Bagel Breakfast Pizza Fresh Cinnamon Rolls Mini Pancakes Apple Frudel Stick	21 Blueberry Nutrigrain Bar Assorted Cereal Strawberry Banana Yogurt Granola Bagel Fresh Cinnamon Rolls Mini Pancakes Apple Frudel Stick	22 Blueberry Nutrigrain Bar Assorted Cereal Strawberry Banana Yogurt Granola Bagel Breakfast Pizza Fresh Cinnamon Rolls Mini Pancakes Apple Frudel Stick	23 No School

Monday

Tuesday

Wednesday

Thursday

Friday

No School Dec. 23 – Jan 2

Menus subject to change without notice.

This institution is an equal opportunity provider.