

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

**PORTLAND PUBLIC SCHOOLS
MIDDLE SCHOOLS
BREAKFAST MENU
DECEMBER 2022**

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

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Blueberry Muffin Strawberry Craisins 100% Fruit Juice Assorted Cereal	2 Cinnamon Donut Holes Fresh Pear Assorted Cereal
5 Apple Cinnamon Roll Maine Apple Assorted Cereal	6 Yogurt Parfait Banana Assorted Cereal	7 Mini Pancakes Fresh Orange Assorted Cereal	8 Blueberry Muffin Strawberry Craisins 100% Fruit Juice Assorted Cereal	9 Cinnamon Donut Holes Fresh Pear Assorted Cereal
12 Apple Cinnamon Roll Maine Apple Assorted Cereal	13 Yogurt Parfait Banana Assorted Cereal	14 Mini Pancakes Fresh Orange Assorted Cereal	15 Blueberry Muffin Strawberry Craisins 100% Fruit Juice Assorted Cereal	16 Cinnamon Donut Holes Fresh Pear Assorted Cereal
19 Apple Cinnamon Roll Maine Apple Assorted Cereal	20 Yogurt Parfait Banana Assorted Cereal	21 Mini Pancakes Fresh Orange Assorted Cereal	22 Blueberry Muffin Strawberry Craisins 100% Fruit Juice Assorted Cereal	23 No School

No School Dec. 23 – Jan 2

Menus subject to change without notice.

This institution is an equal opportunity provider.