

October 2024 Breakfast Menu for Bowdoin Central School, Bowdoinham Community School, and Harpswell Community School

Meals are free to all students for the 2024/2025 school year. Menus are subject to change without notice. Breakfast harvest of the month is Maine apples.

Tuesday October 1, 2024

- Pumpkin Bread
- Yogurt Tube
- Fruit
- Milk

Wednesday October 2, 2024

- Breakfast Kit!
- Cereal
- Juice Snack
- Milk

Thursday October 3, 2024

- Chocolate Chip Benefit Bar
- Fruit
- Milk

Friday October 4, 2024

- Vanilla Yogurt
- Homemade Granola
- Fruit
- Milk

Monday October 7, 2024

- Pumpkin Bread
- Yogurt Tube
- Fruit
- Milk

Tuesday October 8, 2024

- Homemade Cinnamon Pancakes
- Fruit

- Milk

Wednesday October 9, 2024

- Cereal
- Fruit
- Milk

Thursday October 10, 2024

- Warm Freshly Baked Cinnamon Rolls
- Fruit
- Milk

Friday October 11, 2024

Staff Development Day. No School.

Monday October 14, 2024

Indigenous People's Day Holiday. No school.

Tuesday October 15, 2024

- Breakfast Munchable: Hard Boiled Egg, Teddy Grahams, Yogurt, and Grapes
- Milk

Wednesday October 16, 2024

- Zee Bar
- Cheese Stick
- Fruit
- Milk

Thursday October 17, 2024

- Breakfast Burrito: Eggs, Cheese, Hashbrown
- Juice
- Milk

Friday October 18, 2024

- Homemade French Toast Bake
- Bananas
- Harvest of the Month: Maine Apples
- Milk

Monday October 21, 2024

- Banana Bread

- Clementines
- Raisins
- Milk

Tuesday October 22, 2024

- Homemade Chocolate Chip Pancakes
- Blueberry Cups
- Milk

Wednesday October 23, 2024

- Breakfast Breaks!
- Milk

Thursday October 24, 2024

- Homemade Cinnamon Apple Coffee Cake
- Juice
- Milk

Friday October 25, 2024

- Sausage and Cheese English Muffin Sandwiches
- Fruit Cup
- Milk

Monday October 28, 2024

- Cocoa Breakfast Bread
- Applesauce
- Bananas
- Milk

Tuesday October 29, 2024

- Homemade Pumpkin Donuts
- Juice
- Milk

Wednesday October 30, 2024

- Cereal
- Raisins
- Fruit
- Milk

Thursday October 31, 2024

- Homemade Pumpkin Chocolate Chip Muffins
- Clementines
- Milk