

Harpswell, Bowdoinham, Bowdoin Central Elementary

Monday

Tuesday

Wednesday

Thursday

Friday

4
Warm Pumpkin Bread
Yogurt Tube
Fruit
Milk

5
**No School
Professional Development
Day!**

6
Whole grain 'Munchkins"
Fruit Cocktail Cup
Clementine
Milk

7
New Recipe!
Homemade Blueberry Donuts
Applesauce Cups
Juice
Milk

8
Hot Breakfast!
Egg & Cheese Breakfast Burrito
Fruit
Milk

11
**No School
Veteran's Day!**

12
Homemade
Chocolate Chip Muffin Tops
Applesauce
Fruit
Milk

13
Eggo Graham Cracker Waffles
Juice
Apple
Milk

14
New Recipe!
Cinnamon Apple
& Yogurt Parfait
Homemade Granola
Milk

15
Hot Breakfast!
Warm Biscuit w/ Jelly
Sausage Links
Fruit
Milk

18
Warm Banana Bread
Frozen Yogurt Tube
Fruit
Milk

19
Hot Breakfast!
Bacon, Egg and Cheese English
Muffins
Fruit
Milk

20
Cereal Bar
Fruit
Cheese Stick
Milk

21
National Gingerbread Day!
New Recipe!
Homemade Gingerbread Cake
Cheese Stick
Milk

22
Hot Breakfast!
Homemade French Toast Bake
Casserole
Blueberry Cup
Milk

25
Breakfast Kit:
Cereal
Graham Crackers
Juice
Fruit
Milk

26
Mystery Bag!

27
No School

28
No School

29
No School

All Students May Receive One Free Breakfast Daily for the 24-25 School Year.
All Meals include a fruit/veggie choice and a milk.
Please contact food services for dietary needs.