



Calais Elementary School



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Sausage and Cheese on a Maple Waffle
*Vegetarian Sausage available

01

Donut Holes
Or
Smoothie

02

Ham and Cheese or Cheese Croissant

03

Bacon, Egg and Cheese on an English Muffin

04

Labor Day
No School

07

Sausage and Cheese on a Maple Waffle
*Vegetarian Sausage available

08

Parfait
Or
Smoothie

09

Ham and Cheese or Cheese Croissant

10

Bacon, Egg and Cheese on an English Muffin

11

Muffin

14

Sausage and Cheese on a Maple Waffle
*Vegetarian Sausage available

15

Cinnamon Bun
Or
Smoothie

16

Ham and Cheese or Cheese Croissant

17

Bacon, Egg and Cheese on an English Muffin

18

Muffin

21

Sausage and Cheese on a Maple Waffle
*Vegetarian Sausage available

22

Blueberry or Maple Waffles
Or
Smoothie

23

Ham and Cheese or Cheese Croissant

24

Bacon, Egg and Cheese on an English Muffin

25

Muffin

28

Sausage and Cheese on a Maple Waffle
*Vegetarian Sausage available

29

French Toast Sticks
Or
Smoothie

30



All meals include fresh fruit and milk. Daily Breakfast Options include a variety of whole grain cereal, whole grain bagel with cream cheese, granola bar, yogurt and cheese stick.
This establishment is an equal opportunity provider.

SEPTEMBER 2026