



Calais Elementary School



MONDAY



Muffin

05

TUESDAY



Sausage or Impossible
Sausage and Cheese on a
Maple Waffle

06

WEDNESDAY

Daily options include: Bagel
with Cream Cheese, Choice
of Cereals, Yogurt, Granola
and String Cheese

Dount Holes

07

THURSDAY

Ham and Cheese or Cheese
Croissant

01

Ham and Cheese or Cheese
Croissant

08

FRIDAY

Bacon Egg and Cheese on
and English Muffin

02

Bacon Egg and Cheese on
and English Muffin

09

NO SCHOOL

12

Sausage or Impossible
Sausage and Cheese on a
Maple Waffle

13

Cinnamon Bun

14

Ham and Cheese or Cheese
Croissant

15

Bacon Egg and Cheese on
and English Muffin

16

Muffin

19

Sausage or Impossible
Sausage and Cheese on a
Maple Waffle

20

Maple or Blueberry Waffles

21

Ham and Cheese or Cheese
Croissant

22

Bacon Egg and Cheese on
and English Muffin

23

Muffin

26

Sausage or Impossible
Sausage and Cheese on a
Maple Waffle

27

French Toast Sticks

28

Ham and Cheese or Cheese
Croissant

29

Bacon Egg and Cheese on
and English Muffin

30



OCTOBER 2026