

Calais Elementary

BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Muffin 02	Sausage and Cheese on a Maple Waffle *Vegetarian Option 03	Parfait Or French Toast Sticks 04	Ham and Cheese or Cheese Croissant 05	**No School** 06
Muffin 09	Sausage and Cheese on a Maple Waffle *Vegetarian Option 10	Parfait Or Donut Holes 11	Ham and Cheese or Cheese Croissant 12	Bacon Egg and Cheese on English Muffin *Vegetarian Option 13
Muffin 16	Sausage and Cheese on a Maple Waffle *Vegetarian Option 17	Parfait Or Blueberry or Maple Waffles 18	Ham and Cheese or Cheese Croissant 19	Bacon Egg and Cheese on English Muffin *Vegetarian Option 20
Muffin 23	Sausage and Cheese on a Maple Waffle *Vegetarian Option 24	**No School** 25	**No School** 26	**No School** 27
Muffin 30	Daily breakfast options include Bagel with Cream Cheese, Cereal, Yogurt, String Cheese, Granola Bar. Meals include milk and fruit.			



This in an equal opportunity provider. Menu is subject to change.

NOVEMBER 2026