



OCTOBER 2017

BANGOR SCHOOL DEPARTMENT

K-8 BREAKFAST MENU

Choice of chocolate, low-fat or skim milk served with each menu.

Menu subject to change without prior notice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2-Oct Cereal w/Milk or Assorted Muffins Apple Juice Fruit	3 Cereal w/Milk or Mini Cinnis Apple Juice Fruit	4 Cereal w/Milk or Mini Pancakes Apple Juice Fruit	5 Cereal w/Milk or Mini Bagels Apple Juice Fruit	6 Cereal w/Milk or Assorted Muffins Apple Juice Fruit
9 Columbus Day/ Indigenous People Day	10 Cereal w/Milk or Mini Cinnis Apple Juice Fruit	11 Cereal w/Milk or Mini Pancakes Apple Juice Fruit	12 Cereal w/Milk or Mini Bagels Apple Juice Fruit	13 Cereal w/Milk or Assorted Muffins Apple Juice Fruit
NATIONAL SCHOOL LUNCH WEEK OCTOBER 9-13				
16 Cereal w/Milk or Assorted Muffins Apple Juice Fruit	17 Cereal w/Milk or Mini Cinnis Apple Juice Fruit	18 Cereal w/Milk or Mini Pancakes Apple Juice Fruit	19 Cereal w/Milk or Mini Bagels Apple Juice Fruit	20 Cereal w/Milk or Assorted Muffins Apple Juice Fruit
23 Cereal w/Milk or Assorted Muffins Apple Juice Fruit	24 Cereal w/Milk or Mini Cinnis Apple Juice Fruit	25 Cereal w/Milk or Mini Pancakes Apple Juice Fruit	26 Cereal w/Milk or Mini Bagels Apple Juice Fruit	27 Cereal w/Milk or Assorted Muffins Apple Juice Fruit
30 Cereal w/Milk or Assorted Muffins Apple Juice Fruit	31 Cereal w/Milk or Mini Cinnis Apple Juice Fruit	1 Cereal w/Milk or Mini Pancakes Apple Juice Fruit	2 Cereal w/Milk or Mini Bagels Apple Juice Fruit	3 Cereal w/Milk or Assorted Muffins Apple Juice Fruit

All students who bring a lunch from home must pay for any milk to accompany their lunch. Milk is 65 cents.