

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



**6**

**BREAKFAST PRICES**  
Full: \$1.45  
Free or Reduced: No Charge

**7**

**1**

**2**

**3**

**8**

**ALL our cereals are low sugar, whole grain!**

**9**

**10**

**13**

**Fruit Available every morning!**

**14**

**15**

**Varieties offered:**  
Cheerios, Cinnamon Toast Crunch, Fruit Loops, Rice Krispies, Frosted Mini Wheat

**16**

**17**

**Breakfast Sandwiches Served weekly!**

**20**

**21**

**ALL our muffins are HOMEMADE!**

**22**

**23**

If there is a menu item you would like us to try, or you just have suggestions for the program, please e-mail: [tharkins@rsu1.org](mailto:tharkins@rsu1.org)

**24**

**27**

RSU1 Participates in the Federal Free/Reduced Meal Program  
Applications take 5-10 min. to fill out.

**28**

Please call for assistance (443 6601 ex.114)  
We are happy to help you with this

**29**

**Cereal & Milk**  
Many new choices available!  
Fresh fruit

**30**

**Sausage & Egg Breakfast Sandwich**  
Fresh fruit

**31**

**Homemade Yogurt & fruit parfait**  
w/ granola  
Milk

THE MAINE DEPARTMENT OF EDUCATION AND THE USDA ARE EQUAL OPPORTUNITY PROVIDERS AND EMPLOYERS

Substitutions to the menu may be made without prior notice

Fresh fruit and Cold Cereal available Every Day