BREAKFAST

This institution is an equal opportunity provider

NOVEMBER 2022

MSAD 75 – Mt. Ararat Middle School

Menu is subject to change without notice

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Cereal Fruit Juice Milk	2 Breakfast Sandwich Fruit Juice Milk	3 Cinnamon Crumb Cake Fruit Juice Milk	4 Waffle Pouch Fruit Juice Milk
7 Benefit Bar Fruit Juice Milk	8 Mini Donut Fruit Juice Milk	9 Breakfast Burrito Fruit Juice Milk	10 Frudel Fruit Juice Milk	11 Veterans Day No School
14 Bagel w/ Cream Cheese Fruit Juice Milk	15 Muffin Fruit Juice Milk	16 Cereal Fruit Juice Milk	17 Cereal Bar Fruit Juice Milk	18 Cinnamon Bun Fruit Juice Milk
21 Cereal Fruit Juice Milk	22 Yogurt Cup Graham Crackers Fruit Juice Milk	23 No School	24 Happy Thanksgiving!	25 No School
28 Pop Tart Fruit Juice Milk	29 Breakfast Cookie Fruit Juice Milk	30 Smoothie Fruit Juice Milk		

A reminder to all families:
All meals are free to all students for the 2022-2023 School Year, but a milk alone is a charge of 50¢.
Please send money in with your student for milk. Checks can be made payable to:
MSAD 75 Foodservice and will be applied to your child's account.

MY SCHOOL BUCKS PAY FOR MEALS ONLINE MySchoolBucks.com