

RSU 54 School Breakfast Menu

February 2018

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
29 Cereal Choice (1 G) String Cheese (1 M/MA) Juice (1 F) or Raisins (1 F) Milk (1 D)	30 Cheese Filled Mini Bagel (2G) Juice (1 F) or Fruit (1 F) Milk (1 D)	31 Maple Waffles Juice (1 F) or Fruit (1 F) Milk (1 D)	1 Apple Cinnamon Muffin Juice (1 F) or Raisins (1 F) Milk (1 D)	2 Cereal Choice (1 G) Cereal Choice (1 G) Juice (1 F) or Fruit (1 F) Milk (1D)
5 Cereal Choice (1 G) Cereal Choice (1 G) Juice (1 F) or Raisins (1 F) Milk (1 D)	6 Sweet Banana Bread (2G) Juice (1 F) or Fruit (1 F) Milk (1 D)	EARLY RELEASE 7 Breakfast Break includes: Cereal (1G) Juice (1 F) or Fruit (1 F) Milk (1D)	8 Tutti Frutti Muffin (2G) Juice (1 F) or Fruit (1 F) Milk (1 D)	9 Cereal Choice (1 G) or Warm Donut Ring (2 G) Juice (1 F) or Fruit (1 F) Milk (1 D)
12 Cereal Choice (1 G) Cereal Choice (1 G) Juice (1 F) or Raisins (1 F) Milk (1 D)	13 Breakfast Rounds (2 G) Juice (1 F) or Fruit (1 F) Milk (1 D)	14 Cereal Choice (1 G) String Cheese (1 M/MA) Juice (1 F) or Raisins (1 F) Milk (1 D)	15 Breakfast Bites (2G) Juice (1 F) or Applesauce Cup (1 F) Milk (1 D)	16 Cereal Choice (1 G) Warm Banana Bread (2 G) Juice (1 F) or Raisins (1 F) Milk (1 D)
19	20	21	22	23
<i>WINTER BREAK</i>				
26 Breakfast Break includes: Cereal (1G) Juice (1 F) or Fruit (1 F) Milk (1D)	27 Cereal Choice (1 G) Cinnamon Crumb Cake (2G) Juice (1 F) or Fruit (1 F) Milk (1D)	28 Graham Bites (1 G) Yogurt Cup (.5 M/MA) Juice (1 F) or Fruit (1 F) Milk (1D)	1 March Cereal Choice (1 G) String Cheese (1 M/MA) Juice (1 F) or Raisins (1 F) Milk (1D)	2 Cereal Choice (1 G) Filled Croissant Bites (2 G) Juice (1 F) or Raisins (1 F) Milk (1D)
Under "Offer vs Serve", students must choose a minimum of 3 of the 4 items: (2) grain OR (2) meat/meat alternate and (1) fruit or juice or (1) lowfat or fat free milk. OR (1) grain or (1) meat/meat/alternate and (1) fruit or juice or (1) lowfat or fat free milk. Grain =(G); Meat/Meat Alternate = (M/MA); Fruit = (F); Milk = (D) All participants must choose juice or fruit with each meal. Cereal is a choice offering each day. *all items may not be listed in the menu.				

A Low Fat or Skim Milk Variety is Served With Every Meal - Menu is Subject to Change Without Notice - All Bread Products meet the USDA Whole Grain requirements for NSLP and HUSSC

"This institution is an equal opportunity provider."