

RSU 54 School Breakfast Menu October 2017

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
2 Cereal Choice (1 G) String Cheese (1 M/MA) Juice (1 F) or Raisins (1 F) Milk (1 D)	3 Graham Bites (1 G) Yogurt Cup (1 M/MA) Juice (1 F) or Fruit (1 F) Milk (1 D)	4 Cereal Choice (1 G) Cereal Choice (1 G) Juice (1 F) or Fruit (1 F) Milk (1D)	5 Cereal Choice (1 G) Cinnamon Crumb Cake (2 G) Juice (1 F) or Fruit (1 F) Milk (1D)	6 Cereal Choice (1 G) Cereal Choice (1 G) Juice (1 F) or Fruit (1 F) Milk (1D)
9 NO SCHOOL COLUMBUS DAY	10 Healthy Breakfast Choice Cereal plus GF option Juice (1 F) or Fruit (1 F) Milk (1 D)	11 Cereal Choice (1 G) Breakfast Rounds (2 G) Juice (1 F) or Fruit (1 F) Milk (1D)	12 Cereal Choice (1 G) Blueberry/Banana Muffin (2G) Juice (1 F) or Fruit (1 F) Milk (1 D)	13 Cereal Choice (1 G) String Cheese (1 M/MA) Juice (1 F) or Fruit (1 F) Milk (1D)
16 Cereal Choice (1 G) String Cheese (1 M/MA) Juice (1 F) or Raisins (1 F) Milk (1 D)	17 Cereal Choice (1 G) Banana Bread (2 G) Juice (1 F) or Fruit (1 F) Milk (1 D)	18 Cheese Filled Mini Bagel (2G) Juice (1 F) or Fruit (1 F) Milk (1D)	19 Cereal Choice (1 G) Tutti Frutti Muffin (2G) Juice (1 F) or Fruit (1 F) Milk (1 D)	20 Cereal Choice (1 G) Yogurt Cup (1 M/MA) Juice (1 F) or Fruit (1 F) Milk (1D)
23 Cereal Choice (1 G) String Cheese (1 M/MA) Juice (1 F) or Raisins (1 F) Milk (1 D)	24 Cereal Choice (1 G) Blueberry Bread (2 G) Juice (1 F) or Fruit (1 F) Milk (1 D)	25 Cereal Choice (1 G) Cereal Choice (1 G) Juice (1 F) or Raisins (1 F) Milk (1 D)	26 Breakfast Rounds (2 G) Yogurt Cup (1 M/MA) Juice (1 F) or Fruit (1 F) Milk (1 D)	27 Cereal Choice (1 G) String Cheese (1 M/MA) Juice (1 F) or Fruit (1 F) Milk (1D)
30 Cereal Choice (1 G) String Cheese (1 M/MA) Juice (1 F) or Raisins (1 F) Milk (1 D)	1 Cereal Choice (1 G) Breakfast Rounds (2 G) Juice (1 F) or Fruit (1 F) Milk (1 D)	2 Cereal Choice (1 G) Cereal Choice (1 G) Juice (1 F) or Raisins (1 F) Milk (1 D)	3 Graham Bites (1 G) Yogurt Cup (1 M/MA) Juice (1 F) or Fruit (1 F) Milk (1 D)	4 Cereal Choice (1 G) Cereal Choice (1 G) Juice (1 F) or Fruit (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."