


RSU 54 School Breakfast Menu

January 2018

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Welcome to 2018 Happy New Year!!!	2 Breakfast Break includes: Cereal (1G) Juice (1 F) or Fruit (1 F) Milk (1D)	3 Cereal Choice (1 G) String Cheese (1 M/MA) Juice (1 F) or Raisins (1 F) Milk (1 D)	4 Cinnamon Oatmeal Bun (2G) Juice (1 F) or Raisins (1 F) Milk (1 D)	5 Cinnamon Crisps (1 G) Yogurt Cup (.5 M/MA) Juice (1 F) or Fruit (1 F) Milk (1 D)
8 Cereal Choice (1 G) String Cheese (1 M/MA) Juice (1 F) or Raisins (1 F) Milk (1 D)	9 Cheese Filled Mini Bagel (2G) Juice (1 F) or Fruit (1 F) Milk (1D)	10 Cereal Choice (1 G) Cereal Choice (1 G) Juice (1 F) or Fruit (1 F) Milk (1D)	11 Tutti Frutti Muffin (2G) Juice (1 F) or Fruit (1 F) Milk (1 D)	12 Cereal Choice (1 G) Benefit Bar (2 G) Juice (1 F) or Fruit (1 F) Milk (1D)
15 NO SCHOOL 	16 Cereal Choice (1 G) Cereal Choice (1 G) Juice (1 F) or Fruit (1 F) Milk (1D)	17 Graham Sticks (1 G) Yogurt Cup (.5 M/MA) Juice (1 F) or Fruit (1 F) Milk (1 D)	18 Sweet Banana Bread (2G) Juice (1 F) or Fruit (1 F) Milk (1 D)	19 Cereal Choice (1 G) String Cheese (1 M/MA) Juice (1 F) or Fruit (1 F) Milk (1D)
22 Cereal Choice (1 G) String Cheese (1 M/MA) Juice (1 F) or Raisins (1 F) Milk (1 D)	23 Breakfast Rounds (2 G) Juice (1 F) or Fruit (1 F) Milk (1 D)	24 Cereal Choice (1 G) Yogurt Cup (.5 M/MA) Juice (1 F) or Raisins (1 F) Milk (1 D)	25 Cinnamon Crumb Cake (2G) Juice (1 F) or Fruit (1 F) Milk (1 D)	26 Cereal Choice (1 G) Cereal Choice (1 G) Juice (1 F) or Fruit (1 F) Milk (1D)
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)
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."