

RSU 54 School Breakfast Menu

December 2019

<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 Cereal Choice (1 G) Blueberry Muffin (2 G) Juice (1 F) or Fruit (1 F) Milk (1 D)	4 Cereal Choice (1 G) Bagel w/cream cheese (2G) Juice (1 F) or Fruit (1 F) Milk (1D)	5 WG Animal Cracker (1 G) Yogurt Cup (1 G - M/MA) Juice (1 F) or Fruit (1 F) Milk (1 D)	6 Cereal Choice (1 G) or French Toast Bar (2 G) Juice (1 F) or Fruit (1 F) Milk (1 D)
9 Breakfast Break includes: Cereal (1G) Juice (1 F) or Fruit (1 F) Milk (1D)	10 Cereal Choice (1 G) Banana Bread (2G) Juice (1 F) or Fruit (1 F) Milk (1 D)	11 Cereal Choice (1 G) String Cheese (1 M/MA) Juice (1 F) or Raisins (1 F) Milk (1 D)	12 Cereal Choice (1 G) Cinnamon Crumb Cake (2G) Juice (1 F) or Fruit (1 F) Milk (1 D)	13 Cereal Choice (1 G) Benefit Bar (2 G) 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 Yogurt Cup (1 G - M/MA) Apple Cinnamon Muffin (1 G) Juice (1 F) or Fruit (1 F) Milk (1 D)	18 Cereal Choice (1 G) String Cheese (1 M/MA) Juice (1 F) or Raisins (1 F) Milk (1 D)	19 Cereal Choice (1 G) Cheese Filled Mini Bagel (2G) Juice (1 F) or Fruit (1 F) Milk (1 D)	20 Breakfast Break includes: Cereal (1G) Juice (1 F) or Fruit (1 F) Milk (1D)
23	24	25	26	27

Have a happy vacation! We will see you next year!

30	31	1	2	3
<i>Have a happy vacation! We will see you next year!</i>		<i>HAPPY NEW YEAR!</i>		Breakfast Break includes: Cereal (1G) Juice (1 F) or Fruit (1 F) Milk (1D)
				Cereal Choice (1 G) Breakfast Rounds (2 G) Juice (1 F) or Fruit (1 F) Milk (1 D)

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."