


RSU 54 School Breakfast Menu

September-18

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>*See our menu's online at www.msad54.org</i></p> <p><i>* Join us for breakfast - ALL students eat free!</i></p> <p><i>*Students pick three (including fruit or juice) items = FREE BREAKFAST</i></p>		29	30	31
		Breakfast Break includes: Cereal (1G) Juice (1 F) or Fruit (1 F) Milk (1D)	Cereal Choice (1 G) or Cinnamon Crumb Cake (2 G) Juice (1 F) or Fruit (1 F) Milk (1 D)	Cereal Choice (1 G) String Cheese (1 G - M/MA) Juice (1 F) or Raisins (1 F) Milk (1 D)
Labor Day  3	4	5	6	7
	Breakfast Break includes: Cereal (1G) Juice (1 F) or Fruit (1 F) Milk (1D)	Cereal Choice (1 G) Blueberry Bread (2 G) Juice (1 F) or Raisins (1 F) Milk (1 D)	Cereal Choice (1 G) String Cheese (1 M/MA) Juice (1 F) or Raisins (1 F) Milk (1 D)	Cereal Choice (1 G) or Benefit Breakfast Bar (2 G) Juice (1 F) or Fruit (1 F) Milk (1 D)
10	11	12	13	14
Cereal Choice (1 G) String Cheese (1 G - M/MA) Juice (1 F) or Raisins (1 F) Milk (1 D)	Cereal Choice (1 G) or Breakfast Cookie (2 G) Juice (1 F) or Fruit (1 F) Milk (1 D)	Cereal Choice (1 G) Cereal Choice (1 G) Juice (1 F) or Fruit (1 F) Milk (1D)	Cereal Choice (1 G) Blueberry/Banana Muffin (2G) Juice (1 F) or Fruit (1 F) Milk (1 D)	Cereal Choice (1 G) Cheese Filled Mini Bagel (2G) Juice (1 F) or Fruit (1 F) Milk (1 D)
17	18	19	20	21
Cereal Choice (1 G) String Cheese (1 G - M/MA) Juice (1 F) or Raisins (1 F) Milk (1 D)	Cereal Choice (1 G) or Maple Waffles (2 G) Juice (1 F) or Fruit (1 F) Milk (1D)	Early Release Breakfast Break includes: Cereal (1G) Juice (1 F) or Fruit (1 F) Milk (1D)	Cereal Choice (1 G) or Tutti Frutti Muffin (2G) Juice (1 F) or Fruit (1 F) Milk (1 D)	Cereal Choice (1 G) or Warm Donut Ring (2 G) Juice (1 F) or Fruit (1 F) Milk (1 D)
24	25	26	29	30
Cereal Choice (1 G) String Cheese (1 G - M/MA) Juice (1 F) or Raisins (1 F) Milk (1 D)	Cereal Choice (1 G) or Benefit Breakfast Bar (2 G) Juice (1 F) or Fruit (1 F) Milk (1 D)	Cereal Choice (1 G) Cereal Choice (1 G) Juice (1 F) or Fruit (1 F) Milk (1D)	Cereal Choice (1 G) Bagel w/cheese (2G) Juice (1 F) or Fruit (1 F) Milk (1D)	Teddy Graham (1 G) Yogurt Cup (1 G - M/MA) Juice (1 F) or Fruit (1 F) Milk (1 D)
<p>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.</p> <p style="text-align: center;">Grain = (G); Meat/Meat Alternate = (M/MA); Fruit = (F); Milk = (D)</p>				
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				

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