

RSU 54 BIC School Breakfast Menu

January 2023

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
	3 Breakfast Break includes: Cereal Juice or Fruit Milk	4 Cinnamon Crumb Cake Juice or Dried Fruit Milk	5 Pumpkin Bread Juice or Dried Fruit Milk	6 UBR Breakfast Round Juice or Dried Fruit Milk
9 Apple Frudel Juice or Dried Fruit Milk	10 Blueberry Pop Tart Juice or Dried Fruit Milk	11 Nutri Grain Bar Juice or Fruit Milk	12 Apple Frudel Wrap Juice or Fruit Milk	13 Kitchen Grain Choice Juice or Fruit Milk
16 Benefit Bar Juice or Dried Fruit Milk	17 Bagel w/ Nut butter Juice or Fruit Milk	18 Apple Cinnamon Muffin Juice or Fruit Milk	19 Banana Bread Juice or Fruit Milk	20 Kitchen Grain Choice Juice or Fruit Milk
23 <div style="background-color: #ADD8E6; padding: 5px; text-align: center; font-weight: bold;">NO SCHOOL</div>	24 Breakfast Break includes: Cereal (1G) Juice or Fruit Milk	25 Bug Bites Applesauce cup Juice Milk	26 Pancake Bites Juice or Dried Fruit Milk	27 Kitchen Grain Choice Juice or Fruit Milk
30 Cereal Choice Juice or Dried Fruit Milk	31 Mini Cinni Bun (2 G) Juice or Fruit Milk	1 Muffins Juice or Fruit Milk	2 Breakfast Rounds Juice or Fruit Milk	3 Kitchen Grain Choice Juice or Fruit Milk

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) low-fat or fat free milk. OR (1) grain or (1) meat/meat/alternate and (1) fruit or juice or (1) low-fat 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."