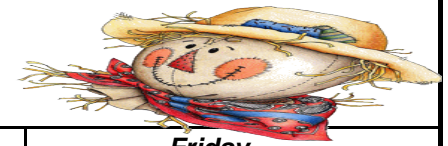




RSU 54 BIC School Breakfast Menu October 2021



<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
27 Breakfast Break Juice or Fruit Milk	28 Apple Bread Slice Juice or Fruit Milk	29 Cinnamon Raisin Bagel Juice or Fruit Milk	30 Blueberry Muffin Juice or Fruit Milk	1 Kitchen Grain Choice Juice or Fruit Milk
CINNAMON BUN DAY 4 Cinnamon Bun Juice or Fruit Milk	5 Assorted Benefit Bar Juice or Fruit Milk	6 Blueberry Bread Juice or Fruit Milk	7 Breakfast Round Juice or Fruit Milk	8 Oatmeal Breakfast Bar Juice or Fruit Milk
11 NO SCHOOL	12 Breakfast Break Juice or Fruit Milk	13 Apple Frudel Juice or Fruit Milk	14 Tutti Frutti Muffin Juice or Fruit Milk	15 Kitchen Grain Choice Juice or Fruit Milk
18 Cinnamon Pop Tart Juice or Fruit Milk	19 UBR Breakfast Cookie Juice or Fruit Milk	20 Blueberry Bagel Juice or Fruit Milk	21 Blueberry/Banana Muffin Juice or Fruit Milk	22 WG Cinnamon Bread Juice or Fruit Milk
25 Breakfast Break Juice or Fruit Milk	26 Cherry Frudel Juice or Fruit Milk	27 Banana Bread Slice Juice or Fruit Milk	28 Apple Cinnamon Muffin Juice or Fruit Milk	29 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."