



## RSU 54 BIC Breakfast Menu December 2022



Monday	Tuesday	Wednesday	Thursday	Friday
28 Cereal Juice or Fruit  Milk	29 UBR Breakfast Round Juice or Fruit  Milk	30 Apple Muffin Juice or Fruit  Milk	1 Cereal Bar Juice or Fruit  Milk	2 Pancake Bites Juice or Fruit  Milk
5 Cereal Juice or Fruit  Milk	6 Banana Bread Juice or Fruit  Milk	7 Frudel Juice or Fruit  Milk	8 Cinnamon Crumb Cake Juice or Fruit  Milk	9 Benefit Bar Juice or Fruit or Cereal Milk
12 Cereal Juice or Fruit  Milk	13 Applesauce cup Cinnamon Toast Crunch Bar Juice Milk	14 Banana Muffin Juice or Fruit  Milk	15 Bagel w/ cream cheese or nutbutter Juice or Fruit Milk	16 Uncrustable Juice or Fruit or Cereal Milk
19 Cereal Juice or Fruit  Milk	20 Pop tart Juice or Fruit  Milk	21 Cereal Juice or Fruit  Milk	22 Kitchen Grain Choice Kitchen Fruit Choice  Milk	23
26	27	28	29	30

Enjoy See you next year



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/MMA); 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."