



RSU 54 BIC School Breakfast Menu

May 2023



<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
1 Cereal Choice Juice or Dried Fruit Milk	2 Cinnamon Bread Juice or Dried Fruit Milk	3 Banana Muffin Juice or Dried Fruit Milk	4 Frudel Juice or Dried Fruit Milk	5 Cereal Choice Juice or Dried Fruit Milk
8 Graham Cracker (1 G) Yogurt Cup or Fruit Cup Juice or Dried Fruit Milk	9 Breakfast Round Juice or Dried Fruit Milk	10 Early Release Breakfast Break includes: Cereal Juice or Dried Fruit Milk	11 Cereal Choice Juice or Dried Fruit Milk	12 Blueberry Muffin Juice or Dried Fruit Milk
15 Cereal Choice Juice or Dried Fruit Milk	16 Cinnamon Crumb Cake (2G) Juice or Dried Fruit Milk	17 Benefit Bar Juice or Dried Fruit Milk	18 Bagel w/ cream cheese or peanut butter Juice or Dried Fruit Milk	19 Cereal Choice Juice or Dried Fruit Milk
22 Strawberry Pop tart Juice or Dried Fruit Milk	23 Cereal Choice Juice or Dried Fruit Milk	24 Breakfast Rounds Juice or Dried Fruit Milk	25 Cereal Choice Juice or Dried Fruit Milk	26 Breakfast Bar Juice or Dried Fruit Milk
29 MEMORIAL DAY	30 Breakfast Break includes: Cereal Juice or Dried Fruit Milk	31 Blueberry Bagel Juice or Dried Fruit Milk	1 Cereal Choice Juice or Dried Fruit Milk	2 Cook's Choice Juice or Dried 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."