

RSU 54 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 Cereal Choice Waffle Sticks Juice or Dried Fruit Milk	3 Cereal Choice Juice or Fresh Fruit Milk	4 Cereal Choice Egg and Cheese Bake Juice or Dried Fruit Milk	5 Cereal Choice Warm UBR Juice or Fresh Fruit Milk
8 Cereal Choice Juice or Dried Fruit Milk	9 Cereal Choice French Toast Sticks Juice or Fresh Fruit Milk	10 Early Release Breakfast Break includes: Cereal Juice or Dried Fruit Milk	11 Cereal Choice Yogurt Bowl w/ Fruit Juice or Dried Fruit Milk	12 Cereal Choice Homemade Blueberry Muffin Juice or Fresh Fruit Milk
15 Cereal Choice Juice or Dried Fruit Milk	16 Cereal Choice Homemade Muffin Juice or Fresh Fruit Milk	17 Cereal Choice Croissant Breakfast Sandwich Juice or Fresh Fruit Milk	18 Cereal Choice Fresh Hot Cinnamon Roll Juice or Dried Fruit Milk	19 Cereal Choice WG Bagel w/Cream Cheese Juice or Fresh Fruit Milk
22 Cereal Choice Juice or Dried Fruit Milk	23 Cereal Choice Pancakes w/ Scrambled Eggs Juice or Fresh Fruit Milk	24 Cereal Choice Hot Apple Crisp w/ Yogurt Juice or Dried Fruit Milk	25 Cereal Choice Breakfast Empanada Juice or Dried Fruit Milk	26 Cereal Choice WG Bagel w/Cream Cheese Juice or Fresh Fruit Milk
29 Memorial Day	30 Breakfast Break includes: Cereal Juice or Dried Fruit Milk	31 Cereal Choice Pancakes w/ Blueberries Juice or Fresh Fruit Milk	1 Cereal Choice Chocolate Muffin Juice or Fresh Fruit Milk	2 Cereal Choice Fresh Warm Donut Juice or Fresh 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."