




# RSU 54 School Breakfast Menu

## December 2020



| <i>Monday</i>                                                                                  | <i>Tuesday</i>                                                                                     | <i>Wednesday</i>                                                                                       | <i>Thursday</i>                                                                                               | <i>Friday</i>                                                                              |
|------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|
| 30<br>Breakfast Break<br>includes: Cereal Bar (2 G)<br>Juice (1 F) or Fruit (1 F)<br>Milk (1D) | 1<br>Cereal Choice (1 G) or<br>Banana Bread Slice ( 2G)<br>Juice (1 F) or Fruit (1 F)<br>Milk (1D) | 2<br>Cereal Choice (1 G) or<br>UBR Breakfast Rounds ( 2 G)<br>Juice (1 F) or Fruit (1 F)<br>Milk (1 D) | 3<br>Cereal Choice (1 G) or<br>Graham Bites w/Yogurt Cup<br>Juice (1 F) or Fruit (1 F)<br>Milk (1 D)          | 4<br>Cereal Choice (1 G) or<br>Kitchen Choice<br>Juice (1 F) or Fruit (1 F)<br>Milk (1D)   |
| 7<br>Cereal Choice (1 G) or<br>WG Donut<br>Juice (1 F) or Fruit (1 F)<br>Milk (1D)             | 8<br>Cereal Choice (1 G)<br>Homemade Applesauce Muffin<br>Juice (1 F) or Fruit (1 F)<br>Milk (1 D) | 9<br>Cereal Choice (1 G)<br>Mini Filled Bagel<br>Juice (1 F) or Raisins (1 F)<br>Milk (1 D)            | 10<br>Cereal Choice (1 G)<br>Cinnamon Crumb Cake (2G)<br>Juice (1 F) or Fruit (1 F)<br>Milk (1 D)             | 11<br>Cereal Choice (1 G)<br>Benefit Bar ( 2 G)<br>Juice (1 F) or Fruit (1 F)<br>Milk (1D) |
| 14<br><b>Teacher's Workshop</b><br><b>No School</b>                                            | 15<br>Cereal Choice (1 G)<br>Homemade Blueberry Muffin<br>Juice (1 F) or Fruit (1 F)<br>Milk (1 D) | 16<br>Cereal Choice (1 G)<br>Yogurt & Teddy Grahams<br>Juice (1 F) or Raisins (1 F)<br>Milk (1 D)      | 17<br>Cereal Choice (1 G)<br>Bagel w/ cr. Cheese or peanut butter<br>Juice (1 F) or Fruit (1 F)<br>Milk (1 D) | 18<br>Cereal Choice (1 G)<br>Pop tart<br>Juice (1 F) or Fruit (1 F)<br>Milk (1D)           |
| 21<br>Cereal Choice (1 G)<br>Banana Bread (2G)<br>Juice (1 F) or Fruit (1 F)<br>Milk (1D)      | 22<br>Kitchen Grain Choice<br>Kitchen Fruit Choice<br><br>Milk (1D)                                | 23                                                                                                     | 24                                                                                                            | 25                                                                                         |
| 28                                                                                             | 29                                                                                                 | 30                                                                                                     | 31                                                                                                            | 1                                                                                          |
| <b>Happy Winter Break</b>                                                                      |                                                                                                    |                                                                                                        |                                                                                                               |       |
| <b>Enjoy See you next year</b>                                                                 |                                                                                                    |                                                                                                        |                                                                                                               |                                                                                            |

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."