



RSU 54 BIC School Breakfast Menu



November 2022

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
31 Breakfast Break Juice or Fruit Milk	1 Cherry Frudel Juice or Fruit Milk	2 Banana Bread Slice Juice or Fruit Milk	3 Apple Cinnamon Muffin Juice or Fruit Milk	4 Kitchen Grain Choice Juice or Fruit Milk
7 Cereal Juice or Fruit Milk	8 Banan Muffin Juice or Fruit Milk	9 Blueberry Bread Juice or Fruit Milk	10 Cinnamon Raisin Bagel Juice or Fruit Milk	11 NO SCHOOL Veterans Day
14 Cereal Juice or Fruit Milk	15 Banana Bread Juice or Fruit Milk	16 Blueberry Muffin Juice or Fruit Milk	17 Cinnamon Bread Juice or Fruit Milk	18 Kitchen Choice Juice or Fruit Milk
21	22	23	24	25
NO SCHOOL				
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

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."