



# RSU 54 School Breakfast Menu



## November 2022

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Cereal Choice or Yogurt Cup w/muffin top Juice or Fruit Milk 31	Cereal Choice or Homemade Banana Muffin Juice or Fruit Milk 1	Cereal Choice or Cinnamon Bread Slice Juice or Fruit Milk 2	Cereal Choice or Cinnamon Raisin Bagel Juice or Fruit Milk 3	Cereal Choice or Oatmeal Breakfast Bun Juice or Fruit Milk 4
Cereal Choice or Benefit Bar Juice or Fruit Milk 7	Cereal Choice or Blueberry Muffin Top Juice or Fruit Milk 8	Cereal Choice or Blueberry Bread Juice or Fruit Milk 9	Cereal Choice or Kitchen Choice Juice or Fruit Milk 10	<b>NO SCHOOL Veterans Day</b> 11
Cereal Choice or Bagel w/cream cheese Juice or Fruit Milk 14	Cereal Choice or Warm Donut Ring Juice or Fruit Milk 15	Cereal Choice or Homemade apple muffin Juice or Fruit Milk 16	Cereal Choice or Cinnamon Bread Juice or Fruit Milk 17	Cereal Choice or Kitchen Choice Juice or Fruit Milk 18
21	22	23	24	25
<b>NO SCHOOL FALL BREAK</b>				
Breakfast Break includes: Cereal Bar Juice or Fruit Milk 28	Cereal Choice or Banana Bread Slice Juice or Fruit Milk 29	Cereal Choice or Oven fresh Breakfast Rounds Juice or Fruit Milk 30	Cereal Choice or Graham Bites w/Yogurt Cup Juice or Fruit Milk 1	Cereal Choice or Kitchen Choice Juice or Fruit Milk 2

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."