



# RSU 54 School Breakfast Menu

## December 2022



<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
28 Breakfast Break includes: Cereal Bar Juice or Fruit Milk	29 Cereal Choice or Banana Bread Slice Juice or Fruit Milk	30 Cereal Choice or Oven fresh Breakfast Rounds Juice or Fruit Milk	1 Cereal Choice or Graham Bites w/Yogurt Cup Juice or Fruit Milk	2 Cereal Choice or Kitchen Choice Juice or Fruit Milk
5 Cereal Choice or Cinnamon Crumb Cake Juice or Fruit Milk	6 Cereal Choice or Homemade Applesauce Muffin Juice or Fruit Milk	7 Cereal Choice or Mini Filled Bagel Juice or Fruit Milk	8 Cereal Choice or Warm Donut Juice or Fruit Milk	9 Cereal Choice or Waffle Sticks Juice or Fruit Milk
12 Cereal Choice or Yogurt & Teddy Grahams Juice or Fruit  Milk	13 Cereal Choice or Homemade Blueberry Muffin Juice or Fruit  Milk	14 Cereal Choice or Apple French Toast Bake Juice or Fruit  Milk	15 Cereal Choice or Toasted Bagel w/ Cream cheese or peanut butter Juice or Fruit Milk	16 Cereal Choice or Pancake on a Stick Juice or Fruit  Milk
19 Cereal Choice or Pumpkin Bread Juice or Fruit Milk	20 Cereal Choice or Mini Filled Bagel Juice or Fruit Milk	21 Cereal Choice or Candy Cane Cinnamon Rolls Juice or Fruit Milk	22 Kitchen Grain Choice Kitchen Fruit Choice  Milk	23
26 	27	28	29 	30

## Enjoy See you next year

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 HUSCC

"This institution is an equal opportunity provider."