


RSU 54 School Breakfast Menu

January 2023

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
	3 Breakfast Break includes: Cereal Juice or Fruit Milk	4 Cereal Choice or Toasted Bagel w/ Cream cheese or peanut butter Juice or Fruit Milk	5 Cereal Choice or Oven fresh Breakfast Rounds Juice or Fruit Milk	6 Cereal Choice or Oatmeal Bun Juice or Fruit Milk
9 Cereal Choice or Benefit Bar Juice or Dried Fruit Milk	10 Cereal Choice or French Toast Sticks Applesauce cup or Juice Milk	11 Cereal Choice or Warm Cinnamon UBR Juice or Dried Fruit Milk	12 Cereal Choice or Mini Filled Bagel Juice or Fruit Milk	13 Kitchen Choice Juice or Fruit Milk
16 Oven Fresh Donuts Juice or Dried Fruit Milk	17 Cereal Choice or Oven Fresh Cinnamon Buns Juice or Dried Fruit Milk	18 Cereal Choice or Graham Sticks w/yogurt Juice or Dried Fruit Milk	19 Cereal Choice or Homemade Muffin Choice Juice or Dried Fruit Milk	20 Cereal Choice or Blueberry Bread Juice or Dried Fruit Milk
23 NO SCHOOL	24 Breakfast Break includes: Cereal Juice or Fruit Milk	25 Oven Fresh Donut Bites w / Yogurt Cup Juice or Dried Fruit Milk	26 Cereal Choice or Homemade Muffin Choice Juice or Fruit Milk	27 Kitchen Choice Juice or Fruit Milk
30 Cereal Bar Pop Tart Juice or Dried Fruit Milk	31 Cereal Choice or Warm Cinnamon UBR Juice or Dried Fruit Milk	1 Cereal Choice or Waffles Sticks Juice or Dried Fruit Milk	2 Cereal Choice or Homemade Muffin Choice Juice or Dried Fruit Milk	3 Cereal Choice or Oatmeal Bun Juice or Dried 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."