

RSU 54 School Breakfast Menu

March 2023



Monday	Tuesday	Wednesday	Thursday	Friday
27 Breakfast Break includes: Cereal Juice or Fruit Milk	28 Cereal Choice Assorted Breakfast Bread Juice or Fruit Milk	1 Cereal Choice Homemade Apple Muffin Juice or Fruit Milk	2 Cereal Choice Hot Cinnamon Buns Juice or Fruit Milk	3 Cereal Choice Oatmeal Bun Juice or Fruit Milk
6 National Cereal Choice Oatmeal Bun Juice or Fruit Milk	7 School Cereal Choice Breakfast Sandwich Juice or Fruit Milk	8 Cereal Choice Mini Cinnis Roll Juice or Fruit Milk	9 Breakfast Cereal Choice Oven Fresh Apple Cinnamon Muffin Juice or Fruit Milk	10 Week Cereal Choice Bagel w/nutbutter or cream cheese Juice or Fruit Milk
13 Cereal Choice Mini Stuffed Bagel Juice or Fruit Milk	14 Cereal Choice Waffle Sticks w/ Syrup Juice or Fruit Milk	15 Cereal Choice Yogurt Parfait w/granola Juice or Fruit Milk	16 Cereal Choice Oven Fresh Breakfast Rounds Juice or Fruit Milk	17 Teacher's Workshop Milk
20 Cereal Choice Cinnamon Crumb Cake Juice or Fruit Milk	21 Cereal Choice Breakfast Sandwich Juice or Fruit Milk	22 Cereal Choice Pancake Bites w/ yogurt cup Juice or Fruit Milk	23 Cereal Choice Hot Homemade Muffin Juice or Fruit Milk	24 Cereal Choice Kitchen Choice Juice or Fruit Milk
27 Cereal Choice Dunking Stick Juice or Fruit Milk	28 Cereal Choice Warm Cinnamon Roll Juice or Fruit Milk	29 Cereal Choice Hot Homemade Muffin Juice or Fruit Milk	30 Cereal Choice Breakfast Sandwich Juice or Fruit Milk	31 Cereal Choice Kitchen Choice 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."