RSU 54 School Breakfast Menu
October 2021

Monday	Tuesday	Wednesday	Thursday	Friday
27 Cereal Choice or Cinnamon Bread Slice Juice or Fruit Milk	**28** Cereal Choice or Egg & Cheese Breakfast Sandwich Juice or Fruit Milk	**29** Cereal Choice or Frudel Juice or Fruit Milk	**30** Cereal Choice or Pancakes w/ Strawberries Juice or Fruit Milk	**1** Cereal Choice or Bagel w/ peanut butter Juice or Fruit Milk
Cinnamon Bun Day 4 Cereal Choice or Warn Cinnamon Roll Juice or Fruit Milk	**5** Cereal Choice or Donut Stick Juice or Fruit Milk	**6** Cereal Choice or UBR Breakfast Cookie Juice or Fruit Milk	**7** Cereal Choice or Blueberry Muffin Tops Juice or Fruit Milk	**8** Cereal Choice or Pancake Bite Juice or Fruit Milk
11 No School	**12** Breakfast Break Juice or Fruit Milk	**13** Cereal Choice or Cherry Frudel Juice or Fruit Milk	**14** Cereal Choice or Tutti Frutti Muffin Juice or Fruit Milk	**15** Cereal Choice or Yogurt Cup w/Bug Bites Juice or Fruit Milk
18 Cereal Choice or Mini Stuffed Bagels Juice or Fruit Milk	**19** Cereal Choice or Warm Breakfast Round Juice or Fruit Milk	**20** Cereal Choice or Waffle Sticks w/ Applesauce Juice or Fruit Milk	**21** Cereal Choice or Apple Cinnamon Muffin Juice or Fruit Milk	**22** Cereal Choice or Benefit Breakfast Bar Juice or Fruit Milk
25 Cereal Choice or Yogurt Cup w/muffin top Juice or Fruit Milk	**26** Cereal Choice or Homemade Banana Muffin Juice or Fruit Milk	**27** Cereal Choice or Cinnamon Bread Slice Juice or Fruit Milk	**28** Cereal Choice or Cinnamon Raisin Bagel Juice or Fruit Milk	**29** Cereal Choice or Oatmeal Breakfast Bun 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."