

RSU 54 School Breakfast Menu

November 2023

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
30 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 Pumpkin Bread Juice or Fruit Milk	2 Cereal Choice or Cinnamon Raisin Bagel Juice or Fruit Milk	3 Cereal Choice or Hot Mini French Toast Juice or Fruit Milk
6 Cereal Choice or Benefit Bar Juice or Fruit Milk	7 Cereal Choice or Oven Fresh Blueberry Muffin Juice or Fruit Milk	8 Cereal Choice or Mini Waffles Juice or Fruit Milk	9 Cereal Choice or Kitchen Choice Juice or Fruit Milk	NO SCHOOL
13 Cereal Choice or Bagel w/cr cheese or Peanut butter Juice or Fruit Milk	14 Cereal Choice or Homemade Apple Muffin Juice or Fruit Milk	15 Cereal Choice or Banana Bread Juice or Fruit Milk	16 Cereal Choice or Warm Donut Ring Juice or Fruit Milk	17 Cereal Choice or Kitchen Choice Juice or Fruit Milk
20	21	22	23	24
NO SCHOOL FALL BREAK				
27 Breakfast Break includes: Cereal Bar Juice or Fruit Milk	29 Cereal Choice or Blueberry Breakfast Cake Juice or Fruit Milk	30 Cereal Choice or Oven fresh Breakfast Rounds Juice or Fruit Milk	1 Cereal Choice or French Toast Sticks Juice or Fruit Milk	2 Cereal Choice or Graham Bites w/Yogurt Cup 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."