



RSU 54 School Breakfast Menu

October 2024



<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
30 Cereal Choice or Cinnamon or Chocolate Bread Juice or Fruit Milk	1 Cereal Choice or Egg & Cheese Breakfast Sandwich Juice or Fruit Milk	2 Cereal Choice or Frudel Juice or Fruit Milk	3 Cereal Choice or French Toast Sticks w/ Applesauce Juice or Fruit Milk	4 Cereal Choice or Bagel w/ peanut butter Juice or Fruit Milk
7 Cereal Choice or Warm Glazed Donut Juice or Fruit Milk	8 Cereal Choice or Warm Cinnamon Roll Juice or Fruit Milk	9 Cereal Choice or UBR Breakfast Cookie Juice or Fruit Milk	10 Cereal Choice or Blueberry Muffin Bar Juice or Fruit Milk	11 Cereal Choice or Pancake Bite w/ Yogurt Juice or Fruit Milk
14 No School	15 Breakfast Break Juice or Fruit Milk	16 Cereal Choice or Scrambled Eggs and Sausage Juice or Fruit Milk	17 Cereal Choice or Orange Cranberry Muffin Juice or Fruit Milk	18 Cereal Choice or Yogurt Cup w/Bug Bites Juice or Fruit Milk
21 Cereal Choice or Mini Stuffed Bagels Juice or Fruit Milk	22 Cereal Choice or Warm Breakfast Round Juice or Fruit Milk	23 Cereal Choice or Waffle Sticks w/ Applesauce Juice or Fruit Milk	24 Cereal Choice or Apple Cinnamon Muffin Juice or Fruit Milk	25 Cereal Choice or Benefit Breakfast Bar Juice or Fruit Milk
28 Cereal Choice or Yogurt Cup w/Muffin Juice or Fruit Milk	29 Cereal Choice or Cinnamon Raisin Bagel Juice or Fruit Milk	30 Cereal Choice or Hot Apple Fritter Juice or Fruit Milk	31 Cereal Choice or Homemade Banana Muffin Juice or Fruit Milk	1 Cereal Choice or Toasted Uncrustable 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."