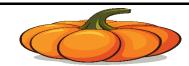
RSU 54 School Breakfast Menu October 2023



Monday	Tuesday	Wednesday	Thursday	Friday
25	26	27	28	29
Cereal Choice or	Cereal Choice or	Cereal Choice or	Cereal Choice or	Cereal Choice or
Cinnamon or Chocolate Bread	Egg & Cheese Breakfast Sandwich	Frudel	Pancakes w/ Strawberries	Bagel w/ peanut butter
Juice or Fruit	Juice or Fruit	Juice or Fruit	Juice or Fruit	Juice or Fruit
Milk	Milk	Milk	Milk	Milk
2	3	4	5	6
Cereal Choice or	Cereal Choice or	Cereal Choice or	Cereal Choice or	Cereal Choice or
Warm Glazed Donut	Warn Cinnamon Roll	UBR Breakfast Cookie	Blueberry Muffin Tops	Pancake Bite
Juice or Fruit	Juice or Fruit	Juice or Fruit	Juice or Fruit	Juice or Fruit
Milk	Milk	Milk	Milk	Milk
9	10	11	12	13
	Breakfast Break	Cereal Choice or	Cereal Choice or	Cereal Choice or
No Cobool	Juice or Fruit	Cherry Frudel	Orange Cranberry Muffin	Yogurt Cup w/Bug Bites
No School		Juice or Fruit	Juice or Fruit	Juice or Fruit
	Milk	Milk	Milk	Milk
16	17	18	19	20
Cereal Choice or	Cereal Choice or	Cereal Choice or	Cereal Choice or	Cereal Choice or
Mini Stuffed Bagels	Warm Breakfast Round	Waffle Sticks w/ Applesauce	Apple Cinnamon Muffin	Benefit Breakfast Bar
Juice or Fruit	Juice or Fruit	Juice or Fruit	Juice or Fruit	Juice or Fruit
Milk	Milk	Milk	Milk	Milk
23	24	25	26	27
Cereal Choice or	Cereal Choice or	Cereal Choice or	Cereal Choice or	Cereal Choice or
Yogurt Cup w/muffin top	Homemade Banana Muffin	Cinnamon Bread Slice	Cinnamon Raisin Bagel	Oatmeal Breakfast Bun
Juice or Fruit	Juice or Fruit	Juice or Fruit	Juice or Fruit	Juice or Fruit
Milk	Milk	Milk	Milk	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."