



# RSU 54 School Breakfast Menu

## October 2023



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