


# RSU 54 School Breakfast Menu

## September-20

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p>see our menu at <a href="http://www.msad54.org">www.msad54.org</a> All Students eat free</p>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	Breakfast Break includes: Cereal (1G) Juice (1 F) or Fruit (1 F) Milk (1D)	Breakfast Break includes: Cereal (1G) Juice (1 F) or Fruit (1 F) Milk (1D)	Cereal Choice (1 G) or Cinnamon Crumb Cake (2 G) Juice (1 F) or Fruit (1 F) Milk (1 D)	Cereal Choice (1 G) or Cinnamon Crumb Cake (2 G) Juice (1 F) or Fruit (1 F) Milk (1 D)
<p><b>Labor Day</b></p> 	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
	Breakfast Break includes: Cereal (1G) Juice (1 F) or Fruit (1 F) Milk (1D)	Breakfast Break includes: Cereal (1G) Juice (1 F) or Fruit (1 F) Milk (1D)	Cereal Choice (1 G) or Benefit Breakfast Bar (2 G) Juice (1 F) or Fruit (1 F) Milk (1 D)	Cereal Choice (1 G) or Benefit Breakfast Bar (2 G) Juice (1 F) or Fruit (1 F) Milk (1 D)
<b>No School</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
	Breakfast Break includes: Cereal (1G) Juice (1 F) or Fruit (1 F) Milk (1D)	Breakfast Break includes: Cereal (1G) Juice (1 F) or Fruit (1 F) Milk (1D)	Cereal Choice (1 G) or Blueberry/Banana Muffin ( 2G) Juice (1 F) or Fruit (1 F) Milk (1 D)	Cereal Choice (1 G) or Blueberry/Banana Muffin ( 2G) Juice (1 F) or Fruit (1 F) Milk (1 D)
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
Breakfast Break includes: Cereal (1G) Juice (1 F) or Fruit (1 F) Milk (1 D)	Cereal Choice (1 G) or Strawberry Stuffed Bagel ( 2 G) Juice (1 F) or Fruit (1 F) Milk (1D)	Cereal Choice (1 G) or Cinnamon Bagel (2G) Juice (1 F) or Fruit (1 F) Milk (1D)	Cereal Choice (1 G) or Banana Bread Slice ( 2G) Juice (1 F) or Fruit (1 F) Milk (1 D)	Cereal Choice (1 G) or Blueberry Muffin (2G) Juice (1 F) or Fruit (1 F) Milk (1 D)
<b>28</b>	<b>29</b>	<b>30</b>	<b>1</b>	<b>2</b>
Breakfast Break includes: Cereal (1G) Juice (1 F) or Fruit (1 F) Milk (1 D)	Cereal Choice (1 G) or Apple Cinnamon Muffin (2G) Juice (1 F) or Fruit (1 F) Milk (1 D)	Cereal Choice (1 G) Frudel (2G) Juice (1 F) or Fruit (1 F) Milk (1D)	Cereal Choice (1 G) or Bagel w/cheese ( 2G) Juice (1 F) or Fruit (1 F) Milk (1D)	Cereal Choice (1 G) or Cinnamon Bread Slice (2 G) Juice (1 F) or Fruit (1 F) Milk (1 D)
<p>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) lowfat or fat free milk. OR (1) grain or (1) meat/meat/alternate and (1) fruit or juice or (1) lowfat or fat free milk. Grain = (G); Meat/Meat Alternate = (M/MA); Fruit = (F); Milk = (D)</p>				
<p>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</p>				

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