


RSU 54 School Breakfast Menu

September 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>see our menu at www.msad54.org All Students eat free</p>		<p>28 Breakfast Break includes: Cereal Juice or Fruit Milk</p>	<p>29 Cereal Choice or Cinnamon Crumb Cake Juice or Fruit Milk</p>	<p>30 Cereal Choice or Homemade Blueberry Muffin Juice or Fruit Milk</p>
<p>LABOR DAY 2</p>	<p>3 Breakfast Break includes: Cereal Juice or Fruit</p>	<p>4 Cereal Choice or Mini Stuffed Bagel Juice or Fruit</p>	<p>5 Cereal Choice or Benefit Breakfast Bar Juice or Fruit</p>	<p>6 Cereal Choice or Oven Fresh UBR Juice or Fruit</p>
<p>9 Cereal Choice or Banana Bread Juice or Fruit Milk</p>	<p>10 Cereal Choice or French Toast Sticks Juice or Fruit Milk</p>	<p>11 Cereal Choice or Pop Tart Juice or Fruit Milk</p>	<p>12 Cereal Choice or Scrambled Eggs w/ toast Juice or Fruit Milk</p>	<p>13 Cereal Choice or Apple Cinnamon Muffin Juice or Fruit Milk</p>
<p>16 Cereal Choice or Strawberry Stuffed Bagel Juice or Fruit Milk</p>	<p>17 Cereal Choice or Fresh Cinnamon Roll Juice or Fruit Milk</p>	<p>18 Early Release Cereal Choice or Cinnamon Bagel w/ Cr Cheese Juice or Fruit Milk</p>	<p>19 Cereal Choice or Homemade Apple Muffin Juice or Fruit Milk</p>	<p>20 Cereal Choice or Blueberry Bread Juice or Fruit Milk</p>
<p>23 Cereal Choice or Cinnamon or Chocolate Bread Juice or Fruit Milk</p>	<p>24 Cereal Choice or Egg & Cheese Breakfast Sandwich Juice or Fruit Milk</p>	<p>25 Cereal Choice or Frudel Juice or Fruit Milk</p>	<p>26 Cereal Choice or Pancakes w/ Strawberries Juice or Fruit Milk</p>	<p>27 Cereal Choice or Bagel w/ peanut butter Juice or Fruit Milk</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) 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)

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

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