

# RSU 54 School Breakfast Menu

## December 2018

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
3 Cereal Choice (1 G) String Cheese (1 M/MA) Juice (1 F) or Raisins (1 F) Milk (1 D)	4 Cereal Choice (1 G) Breakfast Rounds ( 2 G) Juice (1 F) or Fruit (1 F) Milk (1 D)	5 Cereal Choice (1 G) Bagel w/cream cheese ( 2G) Juice (1 F) or Fruit (1 F) Milk (1D)	6 Teddy Graham (1 G) Yogurt Cup (1 G - M/MA) Juice (1 F) or Fruit (1 F) Milk (1 D)	7 Cereal Choice (1 G) or Warm Donut Ring ( 2 G) Juice (1 F) or Fruit (1 F) Milk (1 D)
10 Breakfast Break includes: Cereal (1G) Juice (1 F) or Fruit (1 F) Milk (1D)	11 Cereal Choice (1 G) Banana Bread (2G) Juice (1 F) or Fruit (1 F) Milk (1 D)	12 Cereal Choice (1 G) String Cheese (1 M/MA) Juice (1 F) or Raisins (1 F) Milk (1 D)	13 Cereal Choice (1 G) Cinnamon Crumb Cake (2G) Juice (1 F) or Fruit (1 F) Milk (1 D)	14 Cereal Choice (1 G) Benefit Bar ( 2 G) Juice (1 F) or Fruit (1 F) Milk (1D)
17 Cereal Choice (1 G) String Cheese (1 M/MA) Juice (1 F) or Raisins (1 F) Milk (1 D)	18 Breakfast Rounds ( 2 G) Juice (1 F) or Fruit (1 F) Milk (1 D)	19 Cereal Choice (1 G) String Cheese (1 M/MA) Juice (1 F) or Raisins (1 F) Milk (1 D)	20 Cereal Choice (1 G) Cheese Filled Mini Bagel ( 2G) Juice (1 F) or Fruit (1 F) Milk (1 D)	21 Breakfast Break includes: Cereal (1G) Juice (1 F) or Fruit (1 F) Milk (1D)
24	25	26	27	28

***Have a happy vacation! We will see you next year!***

31 <b><i>Have a happy vacation! We will see you next year!</i></b>	1 <b><i>HAPPY NEW YEAR!</i></b>	2 Breakfast Break includes: Cereal (1G) Juice (1 F) or Fruit (1 F) Milk (1D)	3 Cereal Choice (1 G) Breakfast Rounds ( 2 G) Juice (1 F) or Fruit (1 F) Milk (1 D)	4 Cereal Choice (1 G) Banana Bread (2G) Juice (1 F) or Fruit (1 F) Milk (1 D)
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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) 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."