



# RSU 54 BIC School Breakfast Menu

## January 2021

Monday	Tuesday	Wednesday	Thursday	Friday
 <h1 style="font-size: 2em; font-weight: bold;">HAPPY NEW YEAR!</h1> 				
4	5	6	7	8
	Breakfast Break includes: Cereal (1G) Juice (1 F) or Fruit (1 F) Milk (1D)	Cereal Choice (1 G) Juice (1 F) or Fruit (1 F)  Milk (1D)	Apple Frudel Wrap ( 2G) Juice (1 F) or Fruit (1 F)  Milk (1 D)	Kitchen Grain Choice Juice (1 F) or Fruit (1 F)  Milk (1D)
11	12	13	14	15
Cinnamon Crumb Cake (2G) Juice (1 F) or Fruit (1 F)  Milk (1 D)	Bagel w/ Nut butter Juice (1 F) or Fruit (1 F)  Milk (1D)	Cereal Choice (1 G) Juice (1 F) or Fruit (1 F)  Milk (1 D)	Banana Bread (2G) Juice (1 F) or Fruit (1 F)  Milk (1 D)	<b>Teacher's Workshop</b> <b>4 day Meal delivery</b>
18	19	20	21	22
<b>NO SCHOOL</b>	Breakfast Break includes: Cereal (1G) Juice (1 F) or Fruit (1 F) Milk (1D)	Bug Bites Applesauce cup Juice (1 F) Milk (1 D)	Cinnamon Crumb Cake (2G) Juice (1 F) or Fruit (1 F)  Milk (1 D)	Kitchen Grain Choice Juice (1 F) or Fruit (1 F)  Milk (1D)
25	26	27	28	29
Cereal Choice (1 G) Juice (1 F) or Dried Fruit (1 F)  Milk (1 D)	Mini Cinni Bun (2 G) Juice (1 F) or Fruit (1 F)  Milk (1 D)	Mini Maple Waffles (2 G) Juice (1 F) or Fruit (1 F)  Milk (1 D)	Breakfast Rounds ( 2 G) Juice (1 F) or Fruit (1 F)  Milk (1 D)	Kitchen Grain Choice Juice (1 F) or Fruit (1 F)  Milk (1D)

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."