

RSU 54 School Breakfast Menu

March 2020

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
24	25	26	27	28
Breakfast Break includes: Cereal (1G) Juice (1 F) or Fruit (1 F) Milk (1 D)	Cereal Choice (1 G) Assorted Breakfast Bread(2G) Juice (1 F) or Fruit (1 F) Milk (1 D)	Cereal Choice (1 G) Apple Frudel Wrap (2G) Juice (1 F) or Fruit (1 F) Milk (1 D)	Cereal Choice (1 G) Breakfast Rounds (2 G) Juice (1 F) or Fruit (1 F) Milk (1 D)	Cereal Choice (1 G) or Warm Donut Ring (2 G) Juice (1 F) or Fruit (1 F) Milk (1D)
2	3	4	5	6
Teacher's Workshop Day	<u>National</u> Speedy Breakfast Break includes: Cereal (1 G) Juice (1 F) or Raisins (1 F) Milk (1 D)	<u>School</u> Cereal Choice (1 G) String Cheese (1 M/MA) Juice (1 F) or Raisins (1 F) Milk (1 D)	<u>Breakfast</u> Cereal Choice (1 G) Apple Cinnamon Muffin Juice (1 F) or Raisins (1 F) Milk (1 D)	<u>Week</u> Cereal Choice (1 G) Bagel w/nutbutter or cream cheese Juice (1 F) or Fruit (1 F) Milk (1 D)
9	10	11	12	13
Daylight Savings Time Cereal Choice (1 G) Breakfast Frudel (2G) Juice (1 F) or Fruit (1 F) Milk (1 D)	Cereal Choice (1 G) Cinnamon Crumb Cake (2G) Juice (1 F) or Raisins (1 F) Milk (1D)	Cereal Choice (1 G) Warm Banana Bread (2 G) Juice (1 F) or Fruit (1 F) Milk (1D)	Cereal Choice/ Teddy Grahams (1G) Yogurt Cup (.5 M/MA) Juice (1 F) or Raisins (1 F) Milk (1D)	<u>FUN FRIDAY BREAKFAST</u> Cereal Choice (1 G) Benefit Bar (2 G) Juice (1 F) or Fruit (1 F) Milk (1 D)
16	17	18	19	20
Cereal Choice (1 G) or Breakfast Rounds (2 G) Juice (1 F) or Fruit (1 F) Milk (1 D)	Cereal Choice (1 G) Bagel w/nutbutter or cream cheese Juice (1 F) or Fruit (1 F) Milk (1D)	Cereal Choice (1 G) String Cheese (1 M/MA) Juice (1 F) or Raisins (1 F) Milk (1D)	Cereal Choice (1 G) or Tutti Frutti Muffin (2G) Juice (1 F) or Fruit (1 F) Milk (1 D)	<u>FUN FRIDAY BREAKFAST</u> Cereal Choice (1 G) Kitchen Choice (2G) Juice (1 F) or Fruit (1 F) Milk (1 D)
23	24	25	26	27
Cereal Choice (1 G) Dunking Stick (1 G) Juice (1 F) or Fruit (1 F) Milk (1 D)	Cereal Choice (1 G) Cinnamon Crumb Cake (2G) Juice (1 F) or Fruit (1 F) Milk (1 D)	Cereal Choice/ Teddy Grahams (1G) Yogurt Cup (.5 M/MA) Juice (1 F) or Raisins (1 F) Milk (1D)	Cereal Choice (1 G) Cheese Filled Mini Bagel (2G) Juice (1 F) or Fruit (1 F) Milk (1D)	<u>FUN FRIDAY BREAKFAST</u> Cereal Choice (1 G) Apple Cinnamon Bread (2 G) Juice (1 F) or Fruit (1 F) Milk (1 D)

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."