



RSU 54 School Breakfast Menu

January 2021

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
1				
<div style="display: flex; justify-content: space-between; align-items: center;">  <h3 style="margin: 0;">Welcome Back Happy New Year</h3>  </div>				
4	5 Breakfast Break includes: Cereal (1G) Juice (1 F) or Fruit (1 F) Milk (1 D)	6 Cereal Choice (1 G) Benefit Bar (2 G) Juice (1 F) or Fruit (1 F) Milk (1D)	7 Cereal Choice (1 G) Apple Frudel Wrap (2G) Juice (1 F) or Fruit (1 F) Milk (1 D)	8 Cereal Choice (1 G) Kitchen Choice (2G) Juice (1 F) or Fruit (1 F) Milk (1D)
11 Cereal Choice (1 G) Cinnamon Crumb Cake (2G) Juice (1 F) or Fruit (1 F) Milk (1 D)	12 Cereal Choice (1 G) Graham Sticks w/yogurt(1G) Juice (1 F) or Fruit (1 F) Milk (1D)	13 Cereal Choice (1 G) Blueberry Bread (2 G) Juice (1 F) or Fruit (1 F) Milk (1 D)	14 Cereal Choice (1 G) Bagel w/ cream cheese(2G) Juice (1 F) or Fruit (1 F) Milk (1 D)	15 Teacher's Workshop 4 day meal delivery
18 NO SCHOOL	19 Breakfast Break includes: Cereal (1G) Juice (1 F) or Fruit (1 F) Milk (1D)	20 Cereal Choice (1 G) Yogurt Cup w/ Bug Bites (1G) Juice (1 F) or Raisins (1 F) Milk (1 D)	21 Cereal Choice (1 G) Muffin Choice Juice (1 F) or Fruit (1 F) Milk (1 D)	22 Cereal Choice (1 G) Kitchen Choice (2G) Juice (1 F) or Fruit (1 F) Milk (1D)
25 Cereal Choice (1 G) Cereal Bar (1G) Juice (1 F) or Dried Fruit (1 F) Milk (1 D)	26 Cereal Choice (1 G) Banana Bread (2G) Juice (1 F) or Fruit (1 F) Milk (1 D)	27 Cereal Choice (1 G) Mini Maple Waffles (2 G) Juice (1 F) or Fruit (1 F) Milk (1 D)	28 Cereal Choice (1 G) Breakfast Rounds (2 G) Juice (1 F) or Fruit (1 F) Milk (1 D)	31 Cereal Choice (1 G) Mini Cinni Bun (2 G) Juice (1 F) or Fruit (1 F) Milk (1D)
<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) 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.</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>				
<p>"This institution is an equal opportunity provider."</p>				