

# RSU 54 School Breakfast Menu

## November 2019

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<b>28</b> Cereal Choice (1 G) or Blueberry Bread Slice (2 G) Juice (1 F) or Fruit (1 F) Milk (1 D)	<b>29</b> Cereal Choice (1 G) String Cheese (1 M/MA) Juice (1 F) or Fruit (1 F) Milk (1 D)	<b>30</b> Mini Maple Waffles ( 2 G) or Cinnamon Bread Slice (2 G) Juice (1 F) or Fruit (1 F) Milk (1 D)	<b>31</b> Graham Bites (1 G) Yogurt Cup (1 M/MA) Juice (1 F) or Fruit (1 F) Milk (1 D)	<b>1</b> Cereal Choice (1 G) Cereal Choice (1 G) Juice (1 F) or Fruit (1 F) Milk (1D)
<b>4</b> Cereal Choice (1 G) String Cheese (1 M/MA) Juice (1 F) or Fruit (1 F) Milk (1 D)	<b>5</b> Cereal Choice (1 G) Banana Bread ( 2 G) Juice (1 F) or Fruit (1 F) Milk (1 D)	<b>6</b> Cereal Choice (1 G) or Cinnamon Crumb Cake (2 G) Juice (1 F) or Fruit (1 F) Milk (1 D)	<b>7</b> Cereal Choice (1 G) or Blueberry Bread ( 2 G) Juice (1 F) or Fruit (1 F) Milk (1 D)	<b>8</b> Cereal Choice (1 G) Cereal Choice (1 G) Juice (1 F) or Fruit (1 F) Milk (1D)
<b>11</b>  <b>NO SCHOOL</b>  <b>Veterans Day</b>	<b>12</b> Breakfast Break includes: Cereal Bar (2 G) Juice (1 F) or Fruit (1 F) Milk (1D)	<b>13</b> Cereal Choice (1 G) Breakfast Bread ( 2 G) Juice (1 F) or Fruit (1 F) Milk (1 D)	<b>14</b> Cereal Choice (1 G) Cinnamon Bread ( 2G) Juice (1 F) or Fruit (1 F) Milk (1 D)	<b>15</b> Cereal Choice (1 G) Warm Donut Ring ( 2 G) Juice (1 F) or Fruit (1 F) Milk (1D)
<b>18</b> WG Bagel (2 G) Cream Cheese Juice (1 F) or Fruit (1 F) Milk (1D)	<b>19</b> Cereal Choice (1 G) Banana Bread Slice ( 2G) Juice (1 F) or Fruit (1 F) Milk (1D)	<b>20</b> Cereal Choice (1 G) UBR Breakfast Rounds ( 2 G) Juice (1 F) or Fruit (1 F) Milk (1 D)	<b>21</b> Teddy Graham (1 G) Yogurt Cup (1 G - M/MA) Juice (1 F) or Fruit (1 F) Milk (1 D)	<b>22</b> Kitchen Choice (1 G) String Cheese (1 M/MA) Juice (1 F) or Fruit (1 F) Milk (1D)
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>NO SCHOOL</b>				

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 HUSC

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