

RSU 54 School Breakfast Menu

February 2019

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
28 Cereal Choice (1 G) String Cheese (1 M/MA) Juice (1 F) or Dried Fruit (1 F) Milk (1 D)	29 Cereal Choice (1 G) Cheese Filled Mini Bagel (2G) Juice (1 F) or Fruit (1 F) Milk (1 D)	30 Cereal Choice (1 G) Mini Maple Waffles (2 G) Juice (1 F) or Fruit (1 F) Milk (1 D)	31 Cereal Choice (1 G) Breakfast Rounds (2 G) Juice (1 F) or Fruit (1 F) Milk (1 D)	<u>FUN FRIDAY BREAKFAST</u> 1 Cereal Choice (1 G) Mini Cinni Bun (2 G) Juice (1 F) or Fruit (1 F) Milk (1D)
4 Cereal Choice (1 G) String Cheese (1 M/MA) Juice (1 F) or Dried Fruit (1 F) Milk (1 D)	5 Cereal Choice (1 G) Cinnamon Crumb Cake (2G) Juice (1 F) or Dried Fruit (1 F) Milk (1 D)	EARLY RELEASE 6 Speedy Breakfast Break includes: Cereal (1 G) Juice (1 F) or Raisins (1 F) Milk (1 D)	7 Cereal Choice (1 G) Tutti Frutti Muffin (2G) Juice (1 F) or Fruit (1 F) Milk (1 D)	<u>FUN FRIDAY BREAKFAST</u> 8 Cereal Choice (1 G) or Warm Donut Ring (2 G) Juice (1 F) or Fruit (1 F) Milk (1 D)
11 Cereal Choice (1 G) String Cheese (1 M/MA) Juice (1 F) or Dried Fruit (1 F) Milk (1 D)	12 Cereal Choice (1 G) Breakfast Rounds (2 G) Juice (1 F) or Fruit (1 F) Milk (1 D)	13 Cereal Choice (1 G) Blueberry Bread (2 G) Juice (1 F) or Raisins (1 F) Milk (1 D)	14 Cereal Choice (1 G) Warm Banana Bread (2 G) Juice (1 F) or Fruit (1 F) Milk (1 D)	<u>FUN FRIDAY BREAKFAST</u> 15 Cereal Choice (1 G) Kitchen Breakfast Choice (2 G) Juice (1 F) or Dried Fruit (1 F) Milk (1 D)
18	19	20	21	22
W I N T E R B R E A K !				
25 Cereal Choice (1 G) String Cheese (1 M/MA) Juice (1 F) or Dried Fruit (1 F) Milk (1 D)	26 Cereal Choice (1 G) Cheese Filled Mini Bagel (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)	<u>FUN FRIDAY BREAKFAST</u> 1 Cereal Choice (1 G) Apple Frudel Wrap (2G) 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) 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."