

RSU 54 School Breakfast Menu

March 2019

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
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)	1 Cereal Choice (1 G) Apple Frudel Wrap (2G) Juice (1 F) or Fruit (1 F) Milk (1D)
<u>Celebrate</u> 4 Speedy Breakfast Break includes: Cereal (1 G) Juice (1 F) or Raisins (1 F) Milk (1 D)	<u>National</u> 5 Cereal Choice (1 G) Tutti Frutti Muffin (2G) Juice (1 F) or Fruit (1 F) Milk (1 D)	<u>School</u> 6 Cereal Choice (1 G) String Cheese (1 M/MA) Juice (1 F) or Raisins (1 F) Milk (1 D)	<u>Breakfast</u> 7 Cereal Choice (1 G) Apple Cinnamon Muffin Juice (1 F) or Raisins (1 F) Milk (1 D)	<u>Week</u> 8 Cereal Choice (1 G) Mini Maple Waffles (2 G) Juice (1 F) or Fruit (1 F) Milk (1 D)
DayLight Savings Time 11 Speedy Breakfast Break includes: Cereal (1 G) Juice (1 F) or Raisins (1 F) Milk (1 D)	12 Cereal Choice (1 G) Breakfast Frudel Juice (1 F) or Raisins (1 F) Milk (1D)	13 Cereal Choice (1 G) Warm Banana Bread (2 G) Juice (1 F) or Fruit (1 F) Milk (1D)	14 Cereal Choice (1 G) Yogurt Cup (.5 M/MA) Juice (1 F) or Raisins (1 F) Milk (1D)	<u>FUN FRIDAY BREAKFAST</u> 15 Cereal Choice (1 G) Benefit Bar (2 G) Juice (1 F) or Fruit (1 F) Milk (1 D)
18 Speedy Breakfast Break includes: Cereal (1 G) Juice (1 F) or Raisins (1 F) Milk (1 D)	19 Cereal Choice (1 G) Breakfast Rounds (2 G) Juice (1 F) or Fruit (1 F) Milk (1D)	20 Cereal Choice (1 G) String Cheese (1 M/MA) Juice (1 F) or Raisins (1 F) Milk (1D)	21 Cereal Choice (1 G) or Tutti Frutti Muffin (2G) Juice (1 F) or Fruit (1 F) Milk (1 D)	<u>FUN FRIDAY BREAKFAST</u> 22 Cereal Choice (1 G) Warm Whole Grain Ring (2 G) Juice (1 F) or Fruit (1 F) Milk (1 D)
25 Speedy Breakfast Break includes: Cereal (1 G) Juice (1 F) or Raisins (1 F) Milk (1 D)	26 Cereal Choice (1 G) Cinnamon Crumb Cake (2G) Juice (1 F) or Fruit (1 F) Milk (1 D)	27 Cereal Choice (1 G) String Cheese (1 M/MA) Juice (1 F) or Fruit (1 F) Milk (1D)	28 Cereal Choice (1 G) Cheese Filled Mini Bagel (2G) Juice (1 F) or Fruit (1 F) Milk (1D)	<u>FUN FRIDAY BREAKFAST</u> 29 Cereal Choice (1 G) Warm Banana 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) 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."