


RSU 54 School Breakfast Menu

January 2020

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
		1 HAPPY NEW YEAR!	2 Breakfast Break includes: Cereal (1G) Juice (1 F) or Fruit (1 F) Milk (1D)	3 Cereal Choice (1 G) Breakfast Rounds (2 G) Juice (1 F) or Fruit (1 F) Milk (1 D)
6 Cereal Choice (1 G) String Cheese (1 M/MA) Juice (1 F) or Dried Fruit (1 F) Milk (1 D)	7 Cereal Choice (1 G) Mini Bagel (2 G) Juice (1 F) or Dried Fruit (1 F) Milk (1 D)	8 Cereal Choice (1 G) Cereal Choice (1 G) Juice (1 F) or Fruit (1 F) Milk (1D)	9 Cereal Choice (1 G) Apple Frudel Wrap (2G) Juice (1 F) or Fruit (1 F) Milk (1 D)	10 Cereal Choice (1 G) Benefit Bar (2 G) Juice (1 F) or Fruit (1 F) Milk (1D)
13 Cereal Choice (1 G) Cinnamon Crumb Cake (2G) Juice (1 F) or Fruit (1 F) Milk (1 D)	14 Cereal Choice (1 G) Cereal Choice (1 G) Juice (1 F) or Fruit (1 F) Milk (1D)	15 Graham Sticks (1 G) Blueberry Bread (2 G) Juice (1 F) or Fruit (1 F) Milk (1 D)	16 Cereal Choice (1 G) String Cheese (1 M/MA) Juice (1 F) or Fruit (1 F) Milk (1 D)	17 Cereal Choice (1 G) Cereal Choice (1 G) Juice (1 F) or Fruit (1 F) Milk (1D)
20 	21 Breakfast Break includes: Cereal (1G) Juice (1 F) or Fruit (1 F) Milk (1D)	22 Cereal Choice (1 G) Yogurt Cup (.5 M/MA) Juice (1 F) or Raisins (1 F) Milk (1 D)	23 Cereal Choice (1 G) Muffin Choice Juice (1 F) or Fruit (1 F) Milk (1 D)	24 Cereal Choice (1 G) Cereal Choice (1 G) Juice (1 F) or Fruit (1 F) Milk (1D)
27 Cereal Choice (1 G) String Cheese (1 M/MA) Juice (1 F) or Dried Fruit (1 F) Milk (1 D)	28 Cereal Choice (1 G) String Cheese (1 M/MA) Juice (1 F) or Fruit (1 F) Milk (1 D)	29 Cereal Choice (1 G) Mini Maple Waffles (2 G) Juice (1 F) or Fruit (1 F) Milk (1 D)	30 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>				

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