


RSU 54 School Breakfast Menu

January 2019

| <i>Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> |
|--|---|---|---|--|
| 31 | 1 | 2 | 3 | 4 |
| Have a happy vacation! We will see you next year! | HAPPY NEW YEAR! | Breakfast Break includes: Cereal (1G) Juice (1 F) or Fruit (1 F) Milk (1D) | Cereal Choice (1 G) Breakfast Rounds (2 G) Juice (1 F) or Fruit (1 F) Milk (1 D) | Cereal Choice (1 G) Banana Bread (2G) Juice (1 F) or Fruit (1 F) Milk (1 D) |
| 7 | 8 | 9 | 10 | 11 |
| Cereal Choice (1 G) String Cheese (1 M/MA) Juice (1 F) or Dried Fruit (1 F) Milk (1 D) | Cereal Choice (1 G) Cheese Filled Mini Bagel (2G) Juice (1 F) or Fruit (1 F) Milk (1D) | Cereal Choice (1 G) Cereal Choice (1 G) Juice (1 F) or Fruit (1 F) Milk (1D) | Cereal Choice (1 G) Apple Frudel Wrap (2G) Juice (1 F) or Fruit (1 F) Milk (1 D) | Cereal Choice (1 G) Benefit Bar (2 G) Juice (1 F) or Fruit (1 F) Milk (1D) |
| 14 | 15 | 16 | 17 | 18 |
| Cereal Choice (1 G) Cinnamon Crumb Cake (2G) Juice (1 F) or Fruit (1 F) Milk (1 D) | Cereal Choice (1 G) Cereal Choice (1 G) Juice (1 F) or Fruit (1 F) Milk (1D) | Graham Sticks (1 G) Blueberry Bread (2 G) Juice (1 F) or Fruit (1 F) Milk (1 D) | Cereal Choice (1 G) Suocer Banana Bread (2G) Juice (1 F) or Fruit (1 F) Milk (1 D) | Cereal Choice (1 G) String Cheese (1 M/MA) Juice (1 F) or Fruit (1 F) Milk (1D) |
| 21 | 22 | 23 | 24 | 25 |
| NO SCHOOL  | Breakfast Break includes: Cereal (1G) Juice (1 F) or Fruit (1 F) Milk (1D) | Cereal Choice (1 G) Yogurt Cup (.5 M/MA) Juice (1 F) or Raisins (1 F) Milk (1 D) | Cereal Choice (1 G) Cinnamon Crumb Cake (2G) Juice (1 F) or Fruit (1 F) Milk (1 D) | Cereal Choice (1 G) Cereal Choice (1 G) Juice (1 F) or Fruit (1 F) Milk (1D) |
| 28 | 29 | 30 | 31 | 1 |
| Cereal Choice (1 G) String Cheese (1 M/MA) Juice (1 F) or Dried Fruit (1 F) Milk (1 D) | Cereal Choice (1 G) Cheese Filled Mini Bagel (2G) Juice (1 F) or Fruit (1 F) Milk (1 D) | Cereal Choice (1 G) Mini Maple Waffles (2 G) Juice (1 F) or Fruit (1 F) Milk (1 D) | Cereal Choice (1 G) Breakfast Rounds (2 G) Juice (1 F) or Fruit (1 F) Milk (1 D) | Cereal Choice (1 G) Mini Cinni Bun (2 G) 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) 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 | | | | |

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