



# RSU 54 BIC School Breakfast Menu

## January 2022

Monday	Tuesday	Wednesday	Thursday	Friday
 <h1 style="font-size: 2em; margin: 0;">HAPPY NEW YEAR!</h1> 				
3	4	5	6	7
Breakfast Break includes: Cereal Juice or Fruit Milk	Blueberry Pop Tart Juice or Dried Fruit  Milk	Nutri Grain Bar Juice or Fruit  Milk	Apple Frudel Wrap Juice or Fruit  Milk	Kitchen Grain Choice Juice or Fruit  Milk
10	11	12	13	14
Cinnamon Crumb Cake Juice or Dried Fruit  Milk	Bagel w/ Nut butter Juice or Fruit  Milk	Apple Cinnamon Muffin Juice or Fruit  Milk	Banana Bread Juice or Fruit  Milk	Kitchen Grain Choice Juice or Fruit  Milk
17	18	19	20	21
NO SCHOOL	Breakfast Break includes: Cereal (1G) Juice or Fruit Milk	Bug Bites Applesauce cup Juice Milk	Pancake Bites Juice or Dried Fruit  Milk	Kitchen Grain Choice Juice or Fruit  Milk
24	25	26	27	29
Cereal Choice Juice or Dried Fruit  Milk	Mini Cinni Bun (2 G) Juice or Fruit  Milk	Mini Maple Waffles Juice or Fruit  Milk	Breakfast Rounds Juice or Fruit  Milk	Kitchen Grain Choice Juice or Fruit  Milk

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."