



BIC School Breakfast Menu

September 22

***See our menu's online
www.msad54.org
 Join us for breakfast
 ALL students eat free!

	Tuesday	Wednesday	Thursday	Friday
		31	1	2
		Breakfast Break includes: Cereal Bar Juice or Fruit Milk	Apple Frudel Juice or Fruit Milk	Blueberry Muffin Juice or Fruit Milk
5	6	7	8	9
LABOR DAY	Breakfast Break includes: Cereal Juice or Fruit Milk	Apple Cinnamon Muffin Juice or Fruit Milk	Oatmeal Breakfast Bar Juice or Fruit Milk	Cereal Juice or Fruit Milk
12	13	14	15	16
Cereal Juice or Fruit Milk	Cinnamon Crumb Cake Juice or Fruit Milk	Cherry Frudel Juice or Fruit Milk	Banana Bread Juice or Fruit Milk	Cereal Juice or Fruit Milk
19	20	21	22	23
Cereal Juice or Fruit Milk	UBR Breakfast Cookie Juice or Fruit Milk	Early Release Banana Bread Cereal Juice or Fruit Milk	WG Strawberry Pop Tart Juice or Fruit Milk	Cereal Juice or Fruit Milk
26	27	28	29	30
Cereal Juice or Fruit Milk	Apple Bread Slice Juice or Fruit Milk	Cinnamon Raisin Bagel Juice or Fruit Milk	Blueberry Muffin 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)

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

"The Maine Department Of Education and the USDA are equal opportunity providers and employers."