




RSU 54 BIC Breakfast Menu



December 2020

Monday	Tuesday	Wednesday	Thursday	Friday
30 Breakfast Break Juice (1 F) or Fruit (1 F) Milk (1 D)	1 UBR Breakfast Round Juice (1 F) or Fruit (1 F) Milk (1D)	2 Blueberry Muffin Top Juice (1 F) or Fruit (1 F) or Cereal Milk (1 D)	3 Cereal Bar Juice (1 F) or Fruit (1 F) Milk (1 D)	4 Warm Donut Holes Juice (1 F) or Fruit (1 F) or Cereal Milk (1D)
7 Breakfast Break includes: Cereal (1G) Juice (1 F) or Fruit (1 F) Milk (1D)	8 Banana Bread (2G) Juice (1 F) or Fruit (1 F) Milk (1 D)	9 Frudel Juice (1 F) or Raisins (1 F) or Cereal Milk (1 D)	10 Cinnamon Crumb Cake (2G) Juice (1 F) or Fruit (1 F) Milk (1 D)	11 Benefit Bar (2 G) Juice (1 F) or Fruit (1 F) or Cereal Milk (1D)
14 No School Teacher's workshop	15 Breakfast Break includes: Cereal (1G) Juice (1 F) or Fruit (1 F) Milk (1D)	16 Banana Muffin (2 G) Juice (1 F) or Raisins (1 F) or Cereal Milk (1 D)	17 Bagel w/ cr.cheese or peanut butter Juice (1 F) or Fruit (1 F) Milk (1 D)	18 Uncrustable (1G) Juice (1 F) or Fruit (1 F) or Cereal
21 Breakfast Break includes: Cereal (1G) Juice (1 F) or Fruit (1 F) Milk (1D)	22 Kitchen Grain Choice Kitchen Fruit Choice Milk (1D)	23	24	25
28	29	30	31	1
Happy Winter Break				
Enjoy See you next year				

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/MMA); 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."