


# RSU 54 School Breakfast Menu

## January 2025

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
			1 Breakfast Break includes: Cereal Juice or Fruit  Milk	2 Cereal Choice or Oven fresh Breakfast Rounds Juice or Fruit  Milk
6 Cereal Choice or Benefit Bar Juice or Dried Fruit Milk	7 Cereal Choice or French Toast Sticks Applesauce cup or Juice Milk	8 Cereal Choice or Oven Fresh Cinnamon Buns Juice or Dried Fruit Milk	9 Cereal Choice or Mini Filled Bagel Juice or Fruit Milk	10 Kitchen Choice Juice or Fruit  Milk
13 Cereal Choice or Blueberry Bread Juice or Dried Fruit Milk	14 Cereal Choice or Warm Cinnamon UBR Juice or Dried Fruit Milk	15 Cereal Choice or Homemade Muffin Choice Juice or Dried Fruit Milk	16 Cereal Choice or Breakfast Sandwich Juice or Dried Fruit Milk	17 Cereal Choice or Oven Fresh Donuts Juice or Dried Fruit Milk
20 <b>NO SCHOOL</b>  Milk	21 Cereal Choice or Kitchen Choice Juice or Fruit Milk	22 Cereal Choice or Fruit Crisp w/ Yogurt Juice or Dried Fruit Milk	23 Cereal Choice or Homemade Muffin Choice Juice or Fruit Milk	24 Donut Bites w / Yogurt Cup Juice or Fruit Milk
27 Cereal Choice or Pop Tart Juice or Dried Fruit Milk	28 Cereal Choice or Warm Cinnamon UBR Juice or Dried Fruit Milk	31 Cereal Choice or Waffles Sticks Juice or Dried Fruit Milk	1 Cereal Choice or Homemade Muffin Choice Juice or Dried Fruit Milk	2 Cereal Choice or Pancake Breakfast Sandwich Juice or Dried 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."