



RSU 54 School Breakfast Menu March 2021



<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
1 Breakfast Break includes: Cereal (1G) Juice (1 F) or Fruit (1 F) Milk (1 D)	2 Muffin Choice (2G) Juice (1 F) or Fruit (1 F) Milk (1 D)	3 Blueberry Bagel (2G) Juice (1 F) or Fruit (1 F) Milk (1 D)	4 Breakfast Rounds (2 G) Juice (1 F) or Fruit (1 F) Milk (1 D)	5 Teacher's Workshop Day
8 Speedy Breakfast Break includes: Cereal (1 G) Juice (1 F) or Raisins (1 F) Milk (1 D)	9 <u>National</u> Oatmeal Raisin Benefit Bar Juice (1 F) or Fruit (1 F) Milk (1 D)	10 <u>School</u> Breakfast Rounds (2 G) Juice (1 F) or Raisins (1 F) Milk (1 D)	11 <u>Breakfast</u> Apple Cinnamon Muffin Juice (1 F) or Raisins (1 F) Milk (1 D)	12 <u>Week</u> Bagel w/nutbutter or cream cheese Juice (1 F) or Fruit (1 F) Milk (1 D)
15 Cereal Choice Juice or Dried Fruit Milk (1 D)	16 Cinnamon Crumb Cake (2G) Juice (1 F) or Raisins (1 F) Milk (1D)	17 Warm Banana Bread (2 G) Juice (1 F) or Fruit (1 F) Milk (1D)	18 Breakfast Frudel Juice (1 F) or Raisins (1 F) Milk (1D)	19 Teacher's Workshop Day
22 Speedy Breakfast Break includes: Cereal (1 G) Juice (1 F) or Raisins (1 F) Milk (1 D)	23 Cinnamon Crumb Cake (2G) Juice (1 F) or Fruit (1 F) Milk (1D)	24 Uncrustable (1G) Juice (1 F) or Raisins (1 F) Milk (1D)	25 Tutti Frutti Muffin (2G) Juice (1 F) or Fruit (1 F) Milk (1 D)	26 Kitchen Choice Juice (1 F) or Fruit (1 F) Milk (1 D)
29 Cereal Choice Juice or Dried Fruit Milk (1 D)	30 Bagel w/nutbutter or cream cheese Juice (1 F) or Fruit (1 F) Milk (1 D)	31 Blueberry Muffin Juice (1 F) or Fruit (1 F) Milk (1D)	1 Breakfast Frudel Juice (1 F) or Fruit (1 F) Milk (1D)	2 Teacher's Workshop Day

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

"This institution is an equal opportunity provider."