



RSU 54 School Breakfast Menu December 2023



<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
27	28	29	30	1
Breakfast Break includes: Cereal Bar Juice or Fruit Milk	Cereal Choice or Blueberry Breakfast Cake Juice or Fruit Milk	Cereal Choice or Oven fresh Breakfast Rounds Juice or Fruit Milk	Cereal Choice or French Toast Sticks Juice or Fruit Milk	Cereal Choice or Graham Bites w/Yogurt Cup Juice or Fruit Milk
4	5	6	7	8
Cereal Choice or Cinnamon Crumb Cake Juice or Fruit Milk	Cereal Choice or Homemade Applesauce Muffin Juice or Fruit Milk	Cereal Choice or Mini Filled Bagel Juice or Fruit Milk	Cereal Choice or Warm Donut Juice or Fruit Milk	Cereal Choice or Waffle Sticks Juice or Fruit Milk
11	12	13	14	15
Cereal Choice or Yogurt & Teddy Grahams Juice or Fruit Milk	Cereal Choice or Homemade Blueberry Muffin Juice or Fruit Milk	Cereal Choice or Apple French Toast Bake Juice or Fruit Milk	Cereal Choice or Toasted Bagel w/ Cream cheese or peanut butter Juice or Fruit Milk	Cereal Choice or Pancake on a Stick Juice or Fruit Milk
18	19	20	21	22
Cereal Choice or Pumpkin Bread Juice or Fruit Milk	Cereal Choice or Mini Filled Bagel Juice or Fruit Milk	Cereal Choice or Candy Cane Cinnamon Rolls Juice or Fruit Milk	Cereal Choice or Muffin Choice Juice or Fruit Milk	Kitchen Grain Choice Kitchen Fruit Choice Milk
25	26	27	28	29
 <h1 style="margin: 0;">Enjoy See you next year</h1> 				

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 HUSC

"This institution is an equal opportunity provider."