

# RSU 54 School Breakfast Menu

## January 2022

Monday	Tuesday	Wednesday	Thursday	Friday
1				
 <h3>Welcome Back Happy New Year</h3> 				
<p>3</p> <p>Breakfast Break includes: Cereal Juice or Fruit Milk</p>	<p>4</p> <p>Cereal Choice Benefit Bar Juice or Dried Fruit Milk</p>	<p>5</p> <p>Warm Cinnamon UBR Juice or Fruit Milk</p>	<p>6</p> <p>Cereal Choice Mini Filled Bagel Juice or Fruit Milk</p>	<p>7</p> <p>Kitchen Choice Juice or Fruit Milk</p>
<p>10</p> <p>Oven Fresh Donuts Juice or Dried Fruit Milk</p>	<p>11</p> <p>Cereal Choice Graham Sticks w/yogurt Juice or Dried Fruit Milk</p>	<p>12</p> <p>Oven Fresh Cinnamon Buns Juice or Fruit Milk</p>	<p>13</p> <p>Cereal Choice Bagel w/ cream cheese Juice or Fruit Milk</p>	<p>14</p> <p>Blueberry Bread Juice or Fruit Milk</p>
<p>17</p> <p><b>NO SCHOOL</b></p>	<p>18</p> <p>Breakfast Break includes: Cereal Juice or Fruit Milk</p>	<p>19</p> <p>Oven Fresh Donut Bites w / Yogurt Cup Juice or Dried Fruit Milk</p>	<p>20</p> <p>Cereal Choice Homemade Muffin Choice Juice or Fruit Milk</p>	<p>21</p> <p>Kitchen Choice Juice or Fruit Milk</p>
<p>24</p> <p>Cereal Bar Pop Tart Juice or Dried Fruit Milk</p>	<p>25</p> <p>Warm Cinnamon UBR Juice or Fruit Milk</p>	<p>26</p> <p>Waffles Sticks Juice or Fruit Milk</p>	<p>27</p> <p>Cereal Choice Homemade Muffin Choice Juice or Fruit Milk</p>	<p>31</p> <p>Oatmeal Bun Juice or Fruit Milk</p>
<p>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.</p>				
<p>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</p>				
<p>"This institution is an equal opportunity provider."</p>				