



# RSU 54 BIC School Breakfast Menu

## March 2023



<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
27 Breakfast Break includes: Cereal Juice or Dried Fruit Milk	28 Muffin Choice Juice or Dried Fruit Milk	1 Cereal Choice Juice or Dried Fruit Milk	2 Breakfast Rounds Juice or Dried Fruit Milk	3 Blueberry Bagel Juice or Dried Fruit Milk
6 <b>National</b> Cereal Choice Juice or Dried Fruit Milk	7 <b>School</b> Oatmeal Raisin Benefit Bar Juice or Dried Fruit Milk	8 Blueberry Bread Juice or Dried Fruit Milk	9 <b>Breakfast</b> Apple Cinnamon Muffin Juice or Dried Fruit Milk	10 <b>Week</b> Bagel w/nutbutter or cream cheese Juice or Dried Fruit Milk
13 Cereal Choice Juice or Dried Fruit Milk	14 Cinnamon Bread Juice or Dried Fruit Milk	15 Cereal Choice Juice or Dried Fruit Milk	16 Breakfast Stick Juice or Dried Fruit Milk	17 <b>Teacher's Workshop Day</b> Milk
20 Cereal Choice Juice or Dried Fruit Milk	21 Cinnamon Crumb Cake Juice or Dried Fruit Milk	22 Cereal Choice Juice or Dried Fruit Milk	23 Blueberry Muffin Juice or Dried Fruit Milk	24 Kitchen Choice Juice or Dried Fruit Milk
27 Cereal Choice Juice or Dried Fruit Milk	28 Bagel w/nutbutter or cream cheese Juice or Dried Fruit Milk	29 Bug Bites Applesauce Cup Juice or Dried Fruit Milk	30 Benefit Bar Choice Juice or Dried Fruit Milk	31 Banana Bread 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."