



RSU 54 School Breakfast Menu September 2022

see our menu at
www.msad54.org
All Students eat free

	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
		31	1	2
		Breakfast Break includes: Cereal Juice or Fruit Milk	Cereal Choice or Cinnamon Crumb Cake Juice or Fruit Milk	Cereal Choice or Blueberry Muffin Juice or Fruit Milk
LABOR DAY 5	6	7	8	9
	Breakfast Break includes: Cereal Juice or Fruit	Cereal Choice or Mini Stuffed Bagel Juice or Fruit	Cereal Choice or Benefit Breakfast Bar Juice or Fruit	Cereal Choice or UBR Juice or Fruit
12	13	14	15	16
Cereal Choice or Banana Bread Juice or Fruit Milk	Cereal Choice or French Toast Sticks Juice or Fruit Milk	Cereal Choice or WG Honey Bun Juice or Fruit Milk	Cereal Choice or Scrambled Eggs w/ toast Juice or Fruit Milk	Cereal Choice or Apple Cinnamon Muffin Juice or Fruit Milk
19	20	21	22	23
Cereal Choice or Strawberry Stuffed Bagel Juice or Fruit Milk	Cereal Choice or Fresh Cinnamon Roll Juice or Fruit Milk	Early Release Cereal Choice or Cinnamon Bagel w/ Cr Cheese Juice or Fruit Milk	Cereal Choice or Homemade Apple Muffin Juice or Fruit Milk	Cereal Choice or Blueberry Bread Juice or Fruit Milk
26	27	28	29	30
Cereal Choice or Cinnamon Bread Slice Juice or Fruit Milk	Cereal Choice or Egg & Cheese Breakfast Sandwich Juice or Fruit Milk	Cereal Choice or Frudel Juice or Fruit Milk	Cereal Choice or Pancakes w/ Strawberries Juice or Fruit Milk	Cereal Choice or Bagel w/ peanut butter Juice or 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)

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

"The Maine Department Of Education and the USDA are equal opportunity providers and employers."