



# BREAKFAST

## SEPTEMBER 2019

RSU 57 Middle & High School



**PAY FOR MEALS ONLINE**  
MySchoolBucks.com

Middle & High School Breakfast Prices

\$2.00 Paid Students

\$0 Reduced Students

\$0 Free Students

### Monday

**Labor Day**

**No School**

### Tuesday

**Pancake & Sausage**

**On a Stick**

Chilled Apple Juice  
Diced Peaches  
Cold Milk Choice

### Wednesday

**McMustang!**  
**Sausage, Egg & Cheese**  
**On an English Muffin**

Chilled Grape Juice  
Fresh Crisp Apple  
Cold Milk Choice

### Thursday

**Yogurt Parfait**  
**w/ Fresh Made Granola**  
**& Choice of Fruit**

Chilled Orange Juice  
Fresh Banana  
Cold Milk Choice

### Friday

**McMassabesic!**  
**Bacon, Egg & Cheese**  
**On a Croissant**

Chilled Juice Choice  
Diced Pears  
Cold Milk Choice

**Warm Bagel**  
**w/Topping**

Chilled Apple Juice  
Strawberry Cup  
Cold Milk Choice

**Warm Coffee Cake**  
**(Apple & Cinnamon)**  
**w/Hard Boiled Egg**

Chilled Juice Choice  
Warm Cinnamon Apples  
Cold Milk Choice

**Warm Whole Grain**  
**Breakfast Ring**  
**(Glazed or Cinnamon & Sugar)**

Chilled Fruit Punch  
Cinnamon Applesauce  
Cold Milk Choice

**Breakfast Pizza**

Chilled Grape Juice  
Fresh Orange Wedges  
Cold Milk Choice

**Warm Mini Cinni's**

Chilled Juice Choice  
Fresh Grapes  
Cold Milk Choice

**Warm Assorted**  
**Breakfast Breads**

Chilled Orange Juice  
Pineapple Tidbits  
Cold Milk Choice

**McMustang!**  
**Sausage, Egg & Cheese**  
**On an English Muffin**

Chilled Grape Juice  
Fresh Crisp Apple  
Cold Milk Choice

**Early Release Day**  
**Warm Breakfast Bun**

Chilled Apple Juice  
Diced Pears  
Cold Milk Choice

**McMassabesic!**  
**Bacon, Egg & Cheese**  
**On a Croissant**

Chilled Fruit Punch  
Fresh Banana  
Cold Milk Choice

**Maine Harvest Day!**  
**Maine Blueberry Smoothie**  
**w/Graham Crackers**

Chilled Juice Choice  
Diced Peaches  
Cold Milk Choice

**Choice of Cereal Bar**  
**Cup of Yogurt**

Chilled Juice Choice  
Strawberry Cup  
Cold Milk Choice

**Warm Whole Grain**  
**Cinnamon Roll**

Chilled Grape Juice  
Applesauce Cup  
Cold Milk Choice

**Egg & Cheese Omelet**  
**w/Slice of Toast**

Chilled Apple Juice  
Fresh Assorted Melon  
Cold Milk Choice

**Fresh Made Muffin**  
**Banana Chocolate Chip**  
**Cup of Yogurt**

Chilled Fruit Punch  
Fresh Banana  
Cold Milk Choice

**Overnight Oats**  
**(Fruit, Yogurt & Oats)**

Chilled Juice Choice  
Fresh Orange Wedges  
Cold Milk Choice

**McMustang!**  
**Sausage, Egg & Cheese**  
**On an English Muffin**

Chilled Grape Juice  
Fresh Crisp Apple  
Cold Milk Choice

**Breakfast & Lunch Menus are subject to change without notice.**  
**Daily Milk Choices**-Low-fat White, Fat Free White, Fat Free Chocolate or Strawberry  
**Alternate Entrée Choices Available Daily**

This institution is an equal opportunity provider.