



MARCH 2024

RSU 57 Massabesic High School

Available Daily with Breakfast!

Fruit or Vegetables Options
Choice of Chilled 100% Juice
Cold Milk Choice

Monday



Tuesday

Wednesday

Thursday

Friday

4

Main Entree

Choice of Breakfast Sandwich

Alternate Entrees

Warm Breakfast Bread

Fruit & Yogurt Parfait w/Granola
Whole Grain/Reduced Sugar Cereal

5

Main Entree

Warm Fresh Baked Scone

Alternate Entrees

Warm Whole Grain Mini Cinnis

Fruit & Yogurt Smoothie
Whole Grain/Reduced Sugar Cereal

Early Release

6

Main Entree

Fresh Made Breakfast Pizza

Alternate Entrees

Warm Whole Grain Breakfast Bun

Fruit & Yogurt Parfait w/Granola
Whole Grain/Reduced Sugar Cereal

7

Main Entree

Pancake & Sausage on a Stick w/Syrup

Alternate Entrees

Warm Whole Grain Muffin

Fruit & Yogurt Smoothie
Whole Grain/Reduced Sugar Cereal

8

Main Entree

Choice of Breakfast Sandwich

Alternate Entrees

Warm Bagel w/Cream Cheese

Fruit & Yogurt Parfait w/Granola
Whole Grain/Reduced Sugar Cereal

11

Main Entree

Choice of Breakfast Sandwich

Alternate Entrees

Warm Breakfast Bread

Fruit & Yogurt Parfait w/Granola
Whole Grain/Reduced Sugar Cereal

12

Main Entree

Cinnamon & Sugar Breakfast Ring

Alternate Entrees

Warm Whole Grain Mini Cinnis

Fruit & Yogurt Smoothie
Whole Grain/Reduced Sugar Cereal

13

Main Entree

Fresh Made Breakfast Pizza

Alternate Entrees

Warm Whole Grain Breakfast Bun

Fruit & Yogurt Parfait w/Granola
Whole Grain/Reduced Sugar Cereal

14

Main Entree

French Toast Bites w/Sausage & Syrup

Alternate Entrees

Warm Whole Grain Muffin

Fruit & Yogurt Smoothie
Whole Grain/Reduced Sugar Cereal

15

Main Entree

Choice of Breakfast Sandwich

Alternate Entrees

Warm Bagel w/Cream Cheese

Fruit & Yogurt Parfait w/Granola
Whole Grain/Reduced Sugar Cereal

18

Main Entree

Choice of Breakfast Sandwich

Alternate Entrees

Warm Breakfast Bread

Fruit & Yogurt Parfait w/Granola
Whole Grain/Reduced Sugar Cereal

19

Main Entree

Warm Fresh Baked Scone

Alternate Entrees

Warm Whole Grain Mini Cinnis

Fruit & Yogurt Smoothie
Whole Grain/Reduced Sugar Cereal

Early Release

20

Main Entree

Fresh Made Breakfast Pizza

Alternate Entrees

Warm Whole Grain Breakfast Bun

Fruit & Yogurt Parfait w/Granola
Whole Grain/Reduced Sugar Cereal

21

Main Entree

Pancake & Sausage on a Stick w/Syrup

Alternate Entrees

Warm Whole Grain Muffin

Fruit & Yogurt Smoothie
Whole Grain/Reduced Sugar Cereal

22

Main Entree

Choice of Breakfast Sandwich

Alternate Entrees

Warm Bagel w/Cream Cheese

Fruit & Yogurt Parfait w/Granola
Whole Grain/Reduced Sugar Cereal

25

Main Entree

Choice of Breakfast Sandwich

Alternate Entrees

Warm Breakfast Bread

Fruit & Yogurt Parfait w/Granola
Whole Grain/Reduced Sugar Cereal

26

Main Entree

Cinnamon & Sugar Breakfast Ring

Alternate Entrees

Warm Whole Grain Mini Cinnis

Fruit & Yogurt Smoothie
Whole Grain/Reduced Sugar Cereal

27

Main Entree

Fresh Made Breakfast Pizza

Alternate Entrees

Warm Whole Grain Breakfast Bun

Fruit & Yogurt Parfait w/Granola
Whole Grain/Reduced Sugar Cereal

28

Main Entree

French Toast Bites w/Sausage & Syrup

Alternate Entrees

Warm Whole Grain Muffin

Fruit & Yogurt Smoothie
Whole Grain/Reduced Sugar Cereal

29

Main Entree

Choice of Breakfast Sandwich

Alternate Entrees

Warm Bagel w/Cream Cheese

Fruit & Yogurt Parfait w/Granola
Whole Grain/Reduced Sugar Cereal

Breakfast & Lunch Menus are subject to change without notice. This institution is an equal opportunity provider.