



SAUK RAPIDS-RICE HIGH SCHOOL: November 2018, BREAKFAST MENU

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|--|
| | | | 1 | 2 |
| | | | "Mini Cinnis" Mini Pull Apart Rolls or Lucky Charms Cereal & String Cheese with choice of Mixed Fruit 100% Orange Juice | Strawberry, Blueberry Yogurt Parfait or Golden Graham Cereal & WG Blueberry Muffin with choice of Apple 100% Grape Juice |
| 5 | 6 | 7 | 8 | 9 |
| Breakfast Sausage Pizza or Cinnamon Toast Crunch Cereal & WG Blueberry Muffin with choice of Diced Pears 100% Apple Juice | "Mini Cinnis" Mini Pull Apart Rolls and Orange Juice or Strawberry Cream Cheese Bagel with choice of Raisins 100% Orange Juice | Whole Grain Waffles w/Syrup or Lucky Charms Cereal & String Cheese with choice of Chilled Peaches 100% Apple Juice | "Mini Cinnis" Mini Pull Apart Rolls or Golden Grahams Cereal & WG Apple Cinnamon Muffin with choice of Mixed Fruit 100% Orange Juice | LATE START NO BREAKFAST SERVED |
| 12 | 13 | 14 | 15 | 16 |
| Breakfast Sausage Pizza or Cocoa Puffs Cereal & String Cheese with choice of Chilled Pears 100% Apple Juice | "Mini Cinnis" Mini Pull Apart Rolls or Bagel Cream Cheese Stix with choice of Raisins 100% Orange Juice | Whole Grain Waffles w/Syrup or Strawberry Nutri Grain Bar with choice of Peaches 100% Apple Juice | "Mini Cinnis" Mini Pull Apart Rolls or Lucky Charms Cereal & WG Apple Cinnamon Muffin with choice of Mixed Fruit 100% Orange Juice | Strawberry, Blueberry Yogurt Parfait or Cinnamon Toast Crunch Cereal & WG Blueberry Muffin with choice of Apple 100% Grape Juice |
| 19 | 20 | 21 | 22 | 23 |
| Breakfast Sausage Pizza or Golden Grahams Cereal & WG Blueberry Muffin with choice of Diced Pears 100% Apple Juice | "Mini Cinnis" Mini Pull Apart Rolls or Strawberry Cream Cheese Bagel With choice of Raisins 100% Orange Juice | Whole Grain Waffles w/Syrup or Cinnamon Toast Cereal & WG Blueberry Muffin with choice of Peaches 100% Apple Juice | NO SCHOOL | NO SCHOOL |
| 26 | 27 | 28 | 29 | |
| Breakfast Sausage Pizza or Cinnamon Toast Cereal & WG Blueberry Muffin with choice of Diced Pears 100% Apple Juice | "Mini Cinnis" Mini Pull Apart or Strawberry Cream Cheese Bagel with choice of Raisins 100% Orange Juice | Whole Grain Waffles w/Syrup or Cocoa Puffs Cereal with WG Apple Cinnamon Muffin with choice of Peaches 100% Apple Juice | "Mini Cinnis" Mini Pull Apart or Lucky Charms Cereal & String Cheese with choice of Mixed Fruit 100% Orange Juice | |

BREAKFAST: A full student breakfast includes a choice of entree supplying grain and/or protein, two (2) fruit side dishes and choice of milk. Milk choices include 1% white and skim.

Student Price \$0.00

Reduced Price \$0.00

Adult Price \$2.25

Milk 1/2 Pt \$.40

Menus subject to change without notice. If you have questions or comments contact Dining Services at 320-253-3628

*items may contain pork

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