



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

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Strawberry Nutri Grain Bar Orange Apple Juice Choice of Low Fat Milk	2 Strawberry Banana Yogurt Apple Cinnamon Muffin Apple Orange Juice Choice of Low Fat Milk
5 "Mini Cinnis" Mini Cinnamon Pull Apart Rolls Raisins Orange Juice Choice of Low Fat Milk	6 Cheerios Breakfast Bar Apple Choice of Low Fat Milk	7 Apple Muffin String Cheese Stick Orange Apple Juice Choice of Low Fat Milk	8 Strawberry Nutri Grain Bar WG Blueberry Muffin Banana Orange Juice Choice of Low Fat Milk	9 LATE START NO BREAKFAST
12 "Mini Cinnis" Mini Cinnamon Pull Apart Rolls Raisins Orange Juice Choice of Low Fat Milk	13 Fudge Pop Tart Apple Choice of Low Fat Milk	14 Cocoa Puffs Cereal WG Blueberry Muffin Orange Orange Juice Choice of Low Fat Milk	15 Strawberry Nutri Grain Bar Banana Apple Juice Choice of Low Fat Milk	16 Strawberry Banana Yogurt Apple Cinnamon Muffin Apple Orange Juice Choice of Low Fat Milk
19 "Mini Cinnis" Mini Cinnamon Pull Apart Rolls Raisins Orange Juice Choice of Low Fat Milk	20 Cinnamon Pop Tart Apple Cheddar Goldfish	21 WG Blueberry Muffin String Cheese Stick Orange Apple Juice Choice of Low Fat Milk	22 NO SCHOOL	23 NO SCHOOL
26 "Mini Cinnis" Mini Cinnamon Pull Apart Rolls Raisins Orange Juice Choice of Low Fat Milk	27 Strawberry Nutri Grain Bar String Cheese Apple Orange Juice Choice of Low Fat Milk	28 Cocoa Puffs Cereal Apple Cinnamon Muffin Orange Apple Juice Choice of Low Fat Milk	29 Fudge Pop Tart Banana Choice of Low Fat Milk	30 NO SCHOOL

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

*Item may contain pork

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

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