



**SAUK RAPIDS-RICE MIDDLE SCHOOL: January 2019, BREAKFAST MENU**

Monday	Tuesday	Wednesday	Thursday	Friday
NO SCHOOL	NO SCHOOL	Breakfast Sausage Pizza	Strawberry Nutri Grain Bar Blueberry Muffin Banana Orange Juice Choice of Low Fat Milk	Cinnamon Pop Tart Apple Choice of Low Fat Milk
"Mini Cinnis" Mini Cinnamon Pull Apart Rolls Raisins Orange Juice Choice of Low Fat Milk	Cocoa Puff Cereal WG Apple Cinnamon Muffin Apple Apple Juice Choice of Low Fat Milk	Breakfast Sausage Pizza Orange Orange Juice Choice of Low Fat Milk	Apple Frudel Banana Apple Juice Choice of Low Fat Milk	Strawberry Banana Yogurt Apple Cinnamon Muffin Apple Orange Juice Choice of Low Fat Milk
"Mini Cinnis" Mini Cinnamon Pull Apart Rolls Raisins Orange Juice Choice of Low Fat Milk	Cinnamon Pop Tart Apple Orange Tangerine Juice Choice of Low Fat Milk	Breakfast Sausage Pizza Orange Apple Juice Choice of Low Fat Milk	Strawberry Nutri Grain Bar Blueberry Muffin Banana Apple Juice Choice of Low Fat Milk	Apple Cinnamon Muffin Strawberry Banana Yogurt Apple Orange Juice Choice of Low Fat Milk
NO SCHOOL	Strawberry Nutri Gran Bar Blueberry Muffin Apple Orange Juice Choice of Low Fat Milk	Breakfast Sausage Pizza Orange Apple Juice Choice of Low Fat Milk	Apple Frudel Banana Apple Juice Choice of Low Fat Milk	Cocoa Puff Cereal Strawberry Banana Yogurt Apple Orange Juice Choice of Milk
"Mini Cinnis" Mini Cinnamon Pull Apart Rolls Raisins Orange Juice Choice of Low Fat Milk	Apple Frudel Apple Apple Juice Choice of Low Fat Milk	Breakfast Sausage Pizza Orange Apple Juice Choice of Low Fat Milk	Strawberry Nutri Gran Bar Blueberry Muffin Banana Orange Juice Choice of Low Fat Milk	

**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 \$0.40

\*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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