



SAUK RAPIDS-RICE HIGH SCHOOL: February 2019, BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
				1 2 Hour Late Start or NO Breakfast
4 Breakfast Sausage Pizza or Cocoa Puffs Cereal & String Cheese with choice of Diced Pears 100% Apple Juice	5 WG Apple Frudel or Strawberry Cream Cheese Bagel With choice of Raisins 100% Orange Juice	6 *WG Biscuit and Sausage Gravy or WG Strawberry Nutri Gran Bar with choice of Peaches 100% Apple Juice	7 "Mini Cinnis" Mini Pull Apart Rolls or Lucky Charms Cereal & WG Apple Cinnamon Muffin with choice of Mixed Fruit 100% Orange Juice	8 Strawberry, Blueberry Yogurt Parfait or Cinnamon Toast Crunch Cereal w/ WG Blueberry Muffin with choice of Apple 100% Grape Juice
11 Breakfast Sausage Pizza or Golden Grahams Cereal & WG Blueberry Muffin with choice of Diced Pears 100% Apple Juice	12 WG Apple Frudel or Strawberry Cream Cheese Bagel with choice of Raisins 100% Orange Juice	13 *WG Biscuit and Sausage Gravy or Cinnamon Toast Cereal & WG Blueberry Muffin with choice of Peaches 100% Apple Juice	14 "Mini Cinnis" Mini Pull Apart Rolls or Lucky Charms Cereal & WG Apple Cinnamon Muffin with choice of Mixed Fruit 100% Orange Juice	15 NO SCHOOL
18 NO SCHOOL	19 WG Apple Frudel or Strawberry Cream Cheese Bagel with choice of Raisins 100% Orange Juice	20 *WG Biscuit and Sausage Gravy or Cocoa Puffs Cereal & WG Apple Cinnamon Muffin with choice of Peaches 100% Apple Juice	21 "Mini Cinnis" Mini Pull Apart Rolls or Lucky Charms Cereal & String Cheese with choice of Mixed Fruit 100% Orange Juice	22 Strawberry, Blueberry Yogurt Parfait or Golden Grahams Cereal & WG Blueberry Muffin with choice of Apple 100% Grape Juice
25 Breakfast Sausage Pizza or Cinnamon Toast Cereal & WG Blueberry Muffin with choice of Diced Pears 100% Apple Juice	26 WG Apple Frudel or Strawberry Cream Cheese Bagel with choice of Raisins 100% Orange Juice	27 *WG Biscuit and Sausage Gravy or Lucky Charms Cereal with String Cheese with choice of Peaches 100% Apple Juice	28 "Mini Cinnis" Mini Pull Apart Rolls or Golden Grahams with Apple Cinnamon Muffin 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

This institution is an equal opportunity provider.