



## SAUK RAPIDS-RICE HIGH SCHOOL: January 2019, BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	1 NO SCHOOL	2 Biscuit and Sausage Gravy or Lucky Charms Cereal with String Cheese Stick with choice of Peaches 100% Apple Juice	3 "Mini Cinnis" Mini Pull Apart Rolls or Golden Grahams Cereal with Apple Cinnamon Muffin with choice of Mixed Fruit 100% Orange Juice	4 Strawberry, Blueberry Yogurt Parfait or Cocoa Puffs Cereal & WG Blueberry Muffin with choice of Apple 100% Grape Juice
7 Breakfast Sausage Pizza or Cocoa Puffs Cereal & String Cheese Stick with choice of Diced Pears 100% Apple Juice	8 Apple Frudel or Strawberry Cream Cheese Bagel Raisins 100% Orange Juice	9 Biscuit and Sausage Gravy or Strawberry Nutri Grain Bar with choice of Peaches 100% Apple Juice	10 "Mini Cinnis" Mini Pull Apart Rolls or Lucky Charms Cereal & WG Apple Cinnamon Muffin with choice of Mixed Fruit 100% Orange Juice	11 Strawberry, Blueberry Yogurt Parfait or Cinnamon Toast Crunch Cereal & WG Blueberry Muffin with choice of Apple 100% Grape Juice
14 Breakfast Sausage Pizza or Golden Grahams Cereal & Blueberry Muffin with choice of Pears 100% Apple Juice	15 Apple Frudel or Strawberry Cream Cheese Bagel with choice of Raisins 100% Orange Juice	16 Biscuit and Sausage Gravy or Cinnamon Toast Crunch Cereal & WG Blueberry Muffin with choice of Peaches 100% Apple Juice	17 "Mini Cinnis" Mini Pull Apart Rolls or Lucky Charms Cereal & WG Apple Cinnamon Muffin with choice of Mixed Fruit 100% Orange Juice	18 Strawberry, Blueberry Yogurt Parfait or Cinnamon Toast Crunch Cereal & WG Blueberry Muffin with choice of Apple 100% Grape Juice
21 NO SCHOOL	22 Apple Frudel or Strawberry Cream Cheese Bagel Raisins 100% Orange Juice	23 Biscuit and Sausage Gravy or Cocoa Puffs Cereal & WG Apple Cinnamon Muffin with choice of Peaches 100% Apple Juice	24 "Mini Cinnis" Mini Pull Apart Rolls or Lucky Charms Cereal & String Cheese Stick with choice of Mixed Fruit 100% Orange Juice	25 Strawberry, Blueberry Yogurt Parfait or Golden Grahams Cereal & Blueberry Muffin with choice of Apple 100% Grape Juice
28 Breakfast Sausage Pizza or Cinnamon Toast Cereal & WG Blueberry Muffin with choice of Diced Pears 100% Apple Juice	29 Apple Frudel or Strawberry Cream Cheese Bagel with choice of Raisins 100% Orange Juice	30 Biscuit and Sausage Gravy or Lucky Charms Cereal with String Cheese Stick with choice of Peaches 100% Apple Juice	31 "Mini Cinnis" Mini Pull Apart Rolls or Golden Grahams Cereal 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

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