



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

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Strawberry, Blueberry Yogurt Parfait or Cocoa Puffs Cereal & WG Blueberry Muffin with choice of Apple 100% Grape Juice
4 Breakfast Sausage Pizza or Cocoa Puffs Cereal & String Cheese Stick with choice of Diced Pears 100% Apple Juice	5 WG Waffle with Syrup or WG Strawberry Cream Cheese Bagel with choice of Raisins 100% Orange Juice	6 WG Biscuits and Gravy or WG Strawberry Nutrigrain 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 NO SCHOOL
11 Breakfast Sausage Pizza or Golden Grahams Cereal with WG Blueberry Muffin with choice of Diced Pears 100% Apple Juice	12 WG Apple Frudel or WG Strawberry Cream Cheese Bagel with choice of Raisins 100% Orange Juice	13 WG Biscuits and 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 Strawberry, Blueberry Yogurt Parfait or Cinnamon Toast Cereal & WG Blueberry Muffin with choice of Apple 100% Grape Juice
18 Breakfast Sausage Pizza or Cinnamon Toast Crunch Cereal & WG Blueberry Muffin with choice of Diced Pears 100% Apple Juice	19 WG Waffle with Syrup or WG Strawberry Cream Cheese Bagel with choice of Raisins 100% Orange Juice	20 WG Biscuits and 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 Stick 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 WG Strawberry Cream Cheese Bagel with choice of Raisins 100% Orange Juice	27 WG Biscuits and Gravy or Lucky Charms Cereal & String Cheese Stick with choice of Peaches 100% Apple Juice	28 "Mini Cinnis" Mini Pull Apart or Golden Grahams Cereal & WG Apple Cinnamon Muffin with choice of Mixed Fruit 100% Orange Juice	29 Late Start No Breakfast

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,