



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

Monday	Tuesday	Wednesday	Thursday	Friday
1 *Breakfast Sausage Pizza Cinnamon toast Cereal & WH Blueberry Muffin with choice of Chilled Pears 100% Apple Juice	2 WG Apple Frudel or WG Strawberry Cream Cheese Bagel with choice of Raisins 100% Orange Juice	3 *WG Biscuit and Sausage Gravy or Lucky Charms Cereal with String Cheese Stick with choice of Chilled Peaches 100% Apple Juice	4 "Mini Cinnis" Mini Pull Apart Rolls or Golden Graham Cereal with WG Apple Cinnamon Muffin with choice of Chilled Mixed Fruit 100% Orange Juice	5 Strawberry, Blueberry Yogurt Parfait or Cocoa Puffs Cereal & WG Blueberry Muffin with choice of Apple 100% Grape Juice
8 *Breakfast Sausage Pizza or Cocoa Puffs Cereal & String Cheese Stick with choice of Chilled Pears 100% Apple Juice	9 WG Waffles with Syrup or WG Strawberry Cream Cheese Bagel with choice of Raisins 100% Orange Juice	10 *WG Biscuit and Sausage Gravy or WG Strawberry Nutrigrain Bar with choice of Chilled Peaches 100% Apple Juice	11 "Mini Cinnis" Mini Pull Apart Rolls or Lucky Charms Cereal & WG Apple Cinnamon Muffin with choice of Chilled Mixed Fruit 100% Orange Juice	12 Strawberry, Blueberry Yogurt Parfait or Cinnamon Toast Cereal & WG Blueberry Muffin with choice of Apple 100% Grape Juice
15 *Breakfast Sausage Pizza or Golden Grahams Cereal & Blueberry Muffin with choice of Chilled Pears 100% Apple Juice	16 WG Apple Frudel or WG Strawberry Cream Cheese Bagel with choice of Raisins 100% Orange Juice	17 *WG Biscuit and Sausage Gravy or Cinnamon Toast Cereal & WG Blueberry Muffin with choice of Chilled Peaches 100% Apple Juice	18 "Mini Cinnis" Mini Pull Apart Rolls or Lucky Charms Cereal & WG Apple Cinnamon Muffin with choice of Chilled Mixed Fruit 100% Orange Juice	19 NO SCHOOL
22 *Breakfast Sausage Pizza or Cinnamon Toast Crunch Cereal & WG Blueberry Muffin with choice of Chilled Pears 100% Apple Juice	23 WG Waffles with Syrup or WG Strawberry Cream Cheese Bagel with choice of Raisins 100% Orange Juice	24 *WG Biscuit and Sausage Gravy or Cocoa Puffs Cereal with WG Apple Cinnamon Muffin with choice of Chilled Peaches 100% Apple Juice	25 "Mini Cinnis" Mini Pull Apart Rolls or Lucky Charms Cereal & String Cheese Stick with choice of Chilled Mixed Fruit 100% Orange Juice	26 Strawberry, Blueberry Yogurt Parfait or Golden Grahams Cereal & WG Blueberry Muffin with choice of Apple 100% Grape Juice
29 *Breakfast Sausage Pizza or Cinnamon Toast Crunch Cereal & WG Blueberry Muffin with choice of Chilled Pears 100% Apple Juice	30 WG Apple Frudel or WG Strawberry Cream Cheese Bagel with choice of Raisins 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 \$4.00

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,