



**SAUK RAPIDS-RICE HIGH SCHOOL: May 2019, BREAKFAST MENU**

Monday	Tuesday	Wednesday	Thursday	Friday
		1 WG Biscuit and Sausage Gravy or Lucky Charms Cereal with Low Fat String Cheese with choice of Peaches 100% Apple Juice	2 "Mini Cinnis" Mini Pull Apart Rolls or Golden Grahams and WG Apple Cinnamon Muffin with choice of Mixed Fruit 100% Orange Juice	3 LATE START NO BREAKFAST
6 Breakfast Sausage Pizza or Cocoa Puffs Cereal with Low Fat String Cheese with choice of Diced Pears 100% Apple Juice	7 Whole Grain Waffles with Syrup or Strawberry Cream Cheese Bagel Raisins 100% Orange Juice	8 WG Biscuit and Sausage Gravy or Strawberry Nutri Grain Bar with choice of Peaches 100% Apple Juice	9 "Mini Cinnis" Mini Pull Apart Rolls or Lucky Charms Cereal & WG Apple Cinnamon Muffin with choice of Mixed Fruit 100% Orange Juice	10 Strawberry, Blueberry Yogurt Parfait or Cinnamon Toast Cereal with WG Blueberry Muffin with choice of Apple 100% Grape Juice
13 Breakfast Sausage Pizza or Golden Grahams Cereal with WG Blueberry Muffin with choice of Diced Pears 100% Apple Juice	14 WG Apple Frudel or Strawberry Cream Cheese Bagel with choice of Raisins 100% Orange Juice	15 WG Biscuit and Sausage Gravy or Cinnamon Toast Cereal & WG Blueberry Muffin with choice of Peaches 100% Apple Juice	16 "Mini Cinnis" Mini Pull Apart Rolls or Lucky Charms Cereal & WG Apple Cinnamon Muffin with choice of Mixed Fruit 100% Orange Juice	17 Manager's Choice Assorted Juice Assorted Fruit
20 Breakfast Sausage Pizza or Cinnamon Toast Crunch Cereal with WG Blueberry Muffin with choice of Diced Pears 100% Apple Juice	21 Whole Grain Waffles with Syrup or Strawberry Cream Cheese Bagel Raisins	22 WG Biscuit and Sausage Gravy or Cocoa Puffs Cereal with WG Apple Cinnamon Muffin with choice of Peaches 100% Apple Juice	23 "Mini Cinnis" Mini Pull Apart Rolls or Lucky Charms Cereal & Low Fat String Cheese with choice of Mixed Fruit 100% Orange Juice	24 Manager's Choice Assorted Juice Assorted Fruit
27 NO SCHOOL	28 WG Apple Frudel Strawberry Cream Cheese Bagel Raisins % Orange Juice	29 Manager's Choice Assorted Juice Assorted Fruit	30 Manager's Choice Assorted Juice Assorted Fruit	31 Manager's Choice Assorted Juice Assorted Fruit

**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,