

High School September 2021 Breakfast Menu

Offer vs Serve Meal Pattern: Students are offered 4 Food Items: Meat/Meat Alt, Grain (Whole Grain Rich), Fruit, Vegetables, and Milk
 Asked to Choose at least 3 Full Items, one of which must be 1/2 cup fruit or vegetable, encouraged to choose all items

Breakfast is offered before school and during snack line

Complete Your Breakfast with Ice Cold Assorted Milk (1% White, and FF Chocolate)

Breakfast Prices

****All Students \$0.00 Adults/Guest \$2.00**

The Rice Lake Area School District is participating in the USDA Seamless Summer Option (SSO) for the entirety of the 2021-2022 school year. This means that our school is providing FREE meals (Breakfast & Lunch) to all students!!

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Assorted Cereal Scooby Doo Crackers Applesauce Cup Juice Cup **9th Grade Only**	Mini Cinnamon Donuts OR Nutrigrain Bar & Animal Crackers *Yogurt/Fresh Fruit/Juice*	Sausage Breakfast Pizza OR Assorted Cereal & Goldfish Crackers *Applesauce Cup/Juice*
6	7	8	9	10
No School Labor Day	Marshmallow Mateys Cereal OR Trix Cereal Bar *String Cheese/ Applesauce Cup/Juice*	Sausage/Ch Brkfst Sandwich OR Apple Zingers Cereal & Bug Bites *Fruit Cup/Juice*	Mini Long John Donut OR Blueberry Muffin *Yogurt/Fresh Fruit/Juice*	Mini Cinnamon Donuts OR Cocoa Puff Bar & Scooby Doo Crackers *Applesauce Cup/Juice*
13	14	15	16	17
Sausage Breakfast Pizza OR Cheerios Cereal Goldfish Crackers *Applesauce Cup/Juice*	Mini Cinnamon Donuts OR Cinn Toast Crunch Bar *String Cheese/ Fresh Fruit/Juice*	Sausage/Ch Brkfst Sandwich OR Tottie Fruitie Cereal & Sport Crackers *Fruit Cup/Juice*	Cinnamon Roll with Frosting Yogurt Cup Fresh Fruit Grape Juice	Cheese Omelet & Ham Bagel OR Assorted Cereal & Giant Goldfish Crackers *Applesauce Cup/Juice*
20	21	22	23	24
Sausage Breakfast Pizza OR Cocoa Roos Cereal & Bug Bites *Applesauce Cup/Juice*	Breakfast Tornado OR Mini Cinnamon Donuts *Fresh Fruit/Juice*	Sausage/Ch Brkfst Sandwich OR Trix Cereal & Giant Goldfish Crackers *Fruit Cup/Juice*	Mini Long John Donut OR Chocolate Chip Muffin *Yogurt/Fresh Fruit/Juice*	No School Teacher In-service
27	28-Jan	29	30	Oct 1st
Sausage Breakfast Pizza OR Cinn Toast Crunch Cereal Sport Crackers *Applesauce Cup/Juice*	Soft Cocoa Filled Bar OR Cinnamon Roll Pull Aparts *Fresh Fruit/Juice*	Sausage/Ch Brkfst Sandwich OR Honey Nut Cheerios Cereal & Scooby Doo Crackers *Fruit Cup/Juice*	Mini Cinnamon Donuts OR Ultimate Cinnamon Breakfast Bar *Yogurt/Fresh Fruit/Juice*	Fiesta Breakfast Sandwich OR Assorted Cereal & Goldfish Crackers *Applesauce Cup/Juice*

Menus are subject to change due to food availability

This institution is an equal opportunity provider.