



## Breakfast Choices

Available every day, breakfast includes:

- Breakfast entrée or Choice of cereals with toast
- Fruit
- 100% Fruit Juice
- Milk choices



## Fruit and Juice Available Every Day

Start you day off right

## Breakfast is Good for Everyone!

Start your day the healthy way! Whole grains and protein get you going and help you do well in class.

**Come join us!!**



## Breakfast Meal Prices & Extras

Middle/High School Breakfast	\$1.50
Adult Breakfast	\$1.85
Extra Breakfast Entrée	\$1.10
Extra Cereal	\$ .90
Extra Juice	\$ .60
Extra Milk	\$ .50
Extra Toast	\$ .20
Muffin/Yogurt	\$ .75

Menus are subject to change without notice

.Mon	Tue	Wed	Thu	Fri
1 <b>HAPPY NEW YEAR</b>	2 A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Pineapple	3 A. Iced Long John B. Cereal Choices and Toast Juice Choices Apple Wedges	4 A. Egg & Cheese Biscuit Sandwich B. Cereal Choices and Toast Juice Choices Sliced Peaches	5 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Applesauce
8 A. French Toast Sticks B. Cereal Choices and Toast Juice Choices Pineapple	9 A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Mixed Fruit	10 A. Egg & Cheese Taco Roll B. Cereal Choices and Toast Juice Choices Fresh Orange	11 A. Sausage Gravy over Biscuit B. Cereal Choices and Toast Juice Choices Applesauce	12 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Sliced Pears
15 <b>NO SCHOOL</b>	16 A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Pineapple	17 A. Oatmeal with Topping Bar B. Cereal Choices and Toast Juice Choices Apple Wedges	18 A. Egg & Cheese Biscuit Sandwich B. Cereal Choices and Toast Juice Choices Applesauce	19 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Sliced Peaches Juice Choices
22 A. Pancake with Syrup B. Cereal Choices and Toast Juice Choices Apple Wedges	23 A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Pineapple	24 A. Apple Strudel B. Cereal Choices and Toast Juice Choices Mixed Fruit	25 A. Sausage Gravy over Biscuit B. Cereal Choices and Toast Juice Choices Pineapple	26 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Applesauce
29 A. Iced Long John B. Cereal Choices and Toast Juice Choices Apple Wedges	30 A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Applesauce	31 A. Egg & Cheese Biscuit Sandwich B. Cereal Choices and Toast Juice Choices Pineapple		

**Questions, Comments - Contact** Christina Crow, Food Service Director at (507) 360-2715 or [c.crow@lunchtimesolutions.com](mailto:c.crow@lunchtimesolutions.com)

Applications for Free and Reduced price meal are available in all building offices  
*This institution is an equal opportunity provider and employer.*