

Wisconsin Rapids Area Middle School				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Sausage Bagel Choice of Juice or Milk	Whole Grain Muffin w/ Protein or Grain Choice Choice of Juice or Milk	Breakfast Sausage Bagel Choice of Juice or Milk	Mini Pancakes Choice of Juice or Milk	Apple or Cherry Frudel Choice of Juice or Milk
Also available all days: Breakfast Pizza				

East Junior High				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Sausage Bagel Choice of Juice or Milk	Breakfast Pizza Choice of Juice or Milk	Breakfast Pizza or Breakfast Round Choice of Juice or Milk	Frudel or Breakfast Pizza Choice of Juice or Milk	Breakfast Pizza Choice of Juice or Milk
Also available all days: Peanut Butter & Jelly Uncrustable, Whole Grain Muffin				

Other Breakfast Options:

Middle School / Junior High:
In addition to the options above, students may choose from a variety of cereal bars or cold cereal, and protein choices including cheese sticks or yogurt.

High School:
For grades 10-12, we offer a variety of hot & cold items for our students to choose from on a daily basis.