

Ripon Area School District K-12
BREAKFAST MENU for September 2017
 Serving Breakfast Monday – Friday

Weekly Specials Grades K-12

Weeks 1&3

- Monday: Bacon Egg & Cheese Breakfast Sandwich
- Tuesday: Lumberjack Pancake & Sausage on a Stick
- Wednesday: Egg & Cheese Breakfast Burrito
- Thursday: Mini Pancakes (blueberry or strawberry)
- Friday: Chef's Choice

Week 2&4

- Monday: Cheese & Turkey Breakfast Sausage Pizza
- Tuesday: Ultimate Breakfast Round & Fruit Yogurt
- Wednesday: Asst Cereal Bar
- Thursday: Warm Cinnamon Waffle
- Friday: Chef's Choice

Additional Alternative Breakfast:

Cold Cereal & String Cheese,
 or Peanut Butter & Jelly Sandwich

**The Breakfast Menu follows the guidelines of the SBP
 For a complete breakfast meal Choose at least 3 of 4 Foods Offered**

- Grains
- Protein (Meat/Meat Alternate)
- Juice
- Fruit Choice
- ½ Pint Milk
- Please choose 3 different items



Build a Healthy Plate

Make half your plate fruits and vegetables
 Make at least half your grains, whole

Vary your protein choices
 Switch to skim or 1% milk

For more information go to www.choosemyplate.gov



A'viands

Serving Breakfast Monday to Friday



For menu questions, please email

ripon@aviands.com

For meal account questions, please call 920-748-4600

Breakfast Prices

Student Full	\$1.45
Student Reduced	\$0.30
Adult	\$2.50
Milk	\$0.35

Menu subject to change

Menu Key: T = Contains Turkey
 P = Contains Pork • N = Contains Nuts • WG = Whole Grain