



Breakfast Menu Rye HS

7:30am-10:30am Service

Daily Breakfast Selections Include:

Hot Breakfast Items Offered on a Rotating Basis. Menu Subject to Change Due to Seasonal Availability of Ingredients.

Assorted Cereals (gluten free available) Small \$1.25 Large \$2.25
Cheerios, Apple Cheerios, Honey, Rice Chex and Rice Krispies

Cage Free Brown Eggs Made to Order
Omelet/Sandwich/Wrap

Tofu Scrambled (Vegan)

(firm tofu, salt, turmeric and pepper) with Choice of Toppings \$5.00

Pancakes (2)/ Belgium Waffles (2)/ Challah Bread French Toast (1) \$3.00
Made to order

Yogurt Parfait \$4.00

Nut Free Granola Fresh Blueberries and/or Strawberries
Greek Yogurt Variety \$2.00

Toasted Bagel Bar \$3.50+ Additional items

Made on site Veggie/Scallion Cream Cheese
Smoked Salmon/Lettuce/Tomato/Capers/Red Onion
Gluten Free Bread available for Toasting

Fresh Baked Muffins/Banana Bread Slice \$2.50

Fresh Baked Whole Grain Cider Donuts \$1.50

Made Fresh on site Over Night Oats 9oz/12oz available with our Fresh Fruit
Toppings and Peanut Free Granola \$3.00-\$4.00

Fresh Fruit Cup 9oz \$2.50
Pineapple, Strawberry, Melon, Grapes
Seasonal Whole Fruit \$1.00

Coffee, Tea, Decaf Coffee, Hot Chocolate and French Vanilla Iced Coffee Available
Small \$2.00/Large \$2.50 Ice Coffee: \$3.50

Boba Tea and Fresh Smoothies made daily 12oz \$4.00

Menus Subject to Change: We try our best to serve our menus as posted; however, sometimes last-minute changes occur and supply chain issues. Please check with the cafe manager prior to the meal if you have any concerns.



Milk is antibiotic and hormone free

We offer

Skim, 1%, 2%, Whole and Fat Free Chocolate Milk Price 8oz \$.75

Poland Spring 16oz Water \$1.50

Poland Spring Seltzer \$2.00

Naked Smoothie \$2.50-\$5.00

Tropicana 100% Juice 12oz \$2.75

Apple/Orange/Cranberry/Grapefruit

OUR OWN OATMEAL BAR:

Quaker Oats with choice of toppings:
Granola, Chia/Flax Seed, Cinnamon Sugar,
Choc Chips, Brown Sugar/Agave \$3.00



Questions or Concerns contact:
Foodservice@ryeschools.org

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