

2025

Park Rapids High School

		Tark Rapids High School			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	Breakfast Croissant Fruit, Juice and Milk	Long John Fruit, Juice and Milk	3 Stuffed Hashbrown and Donut Fruit, Juice and Milk	Biscuit and Gravy Fruit, Juice and Milk	
	Beef Taco Or Caesar Salad Vegetable, Fruit and Milk	Cheeseburger Or Chicken Tenders Vegetable, Fruit and Milk	Pork Eggrolls Or Chicken Parm Sandwich Vegetable, Fruit and Milk	Orange Chicken Or PBJ Vegetable, Fruit and Milk	
7 Breakfast Pizza Fruit, Juice and Milk	8 Omelet and Muffin Fruit, Juice and Milk	9 Waffle Fruit, Juice and Milk	French Toast Sticks Fruit, Juice and Milk	Breakfast Burrito Fruit, Juice and Milk	
Pizza Or Corndog Vegetable, Fruit and Milk	Chicken Fajita Bowl Or Chef Salad Vegetable, Fruit and Milk	Mac & Cheese Or Hot Beef on Pretzel Bun Vegetable, Fruit and Milk	Spicy Chicken Sandwich Or Hot Ham on a Bun Vegetable, Fruit and Milk	Teriyaki Chicken Or Cheese Calzone Vegetable, Fruit and Milk	
Pancake Wrap Fruit, Juice and Milk Pizza Crunchers Or Chicken Strips Vegetable, Fruit and Milk	Cinnamon Roll Fruit, Juice and Milk Taco In a Bag Or SW Chicken Salad Vegetable, Fruit and Milk	Breakfast Round Fruit, Juice and Milk Buffalo Chicken Popper or Deli Sandwich Vegetable, Fruit and Milk	Scrambled Eggs and Donut Fruit, Juice and Milk General TSO'S Chicken Or Breaded Chicken Sandwich Vegetable, Fruit and Milk	No School	
No School	Mini Pancakes and Sausage Fruit, Juice and Milk Chicken Taco Or Caesar Salad Vegetable, Fruit and Milk	Breakfast Bowl Fruit, Juice and Milk Pulled Pork Sandwich Or Pizza Rolls Vegetable, Fruit and Milk	Breakfast Croissant Fruit, Juice and Milk Chicken Tator Bowl Or PB&J Vegetable, Fruit and Milk	Long John Fruit, Juice and Milk Sweet and Sour Chicken Or BBQ Rib on a Bun Vegetable, Fruit and Milk	
Stuffed Hashbrown and Donut Fruit, Juice and Milk Boneless Chicken Chompers	Biscuit and Gravy Fruit, Juice and Milk Beef Taco	Breakfast Pizza Fruit, Juice and Milk Chili Cheese Fritos	[Customize this area with announceme	ents, a la carte items, allergen info, etc.]	

Or Quesadilla

Vegetable, Fruit and Milk

Or Chef Salad

Vegetable, Fruit and Milk

Or Bosco Sticks

Vegetable, Fruit and Milk