






What's on the Menu?

Mill September Breakfast Menu



Staff Price \$4.35

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Whole Grain Double Chocolate Chip Muffin  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit
4  HAPPY LABOR DAY!	5 Bacon, Egg, and Cheese Bagel Sandwich  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit	6 Strawberry Banana Smoothie Honey Graham Crackers  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit	7 Apple Cinnamon Oatmeal  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit	8 Three French Toast Sticks 2 Slices Crispy Bacon  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit
11 Blueberry/Strawberry French Toast Parfait  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit	12 Scrambled Cheezy Eggs Whole Wheat Toast  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit	13 Pink Lemonade Smoothie Honey Graham Crackers  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit	14 Two Warm Pancakes With Crispy Bacon  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit	15 Sausage, Egg, and Cheese Biscuit Sandwich  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit
18 Colby Jack Cheese Omelet Whole Wheat Toast  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit	19 Apple Cinnamon Yogurt Parfait With Homemade Granola  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit	20 Banana Split Smoothie Honey Graham Crackers  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit	21 Whole Grain Apple Cinnamon Muffin  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit	22 Ham, Egg, and Cheese Bagel Sandwich  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit
25 Yom Kippur 	26 Two Whole Grain Waffles Two Pork Sausage Links  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit	27 Pineapple and Strawberry Smoothie with Graham Cracker  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit	28 Scrambled Egg Pizza  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit	29 Bagel with Cream Cheese, Sunbutter or Grape Jelly  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit
Assorted Low Sugar Cereal w/ String Cheese or Yogurt	Assorted Low Sugar Cereal w/ String Cheese or Yogurt	Assorted Low Sugar Cereal w/ String Cheese or Yogurt	Assorted Low Sugar Cereal w/ String Cheese or Yogurt	Assorted Low Sugar Cereal w/ String Cheese or Yogurt

BREAKFAST: A full student breakfast includes a choice of entree supplying grain and/or protein, two (2) fruit side dishes and choice of milk. Milk choices include 1% white, skim strawberry and skim chocolate.



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