## What's on the Menu?

## Mill March Breakfast Menu

|  |  | area cooperative educational services | Staff Price \$4.35 |  |
| :---: | :---: | :---: | :---: | :---: |
| Monday |  | Wednesday | Thursday | Friday |
|  |  |  |  | Whole Grain Double Chocolate Chip Muffin <br> Assortea rrult Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit |
| Scrambled Egg Pizza <br> Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit | Bacon, Egg, and Cheese Bagel Sandwich <br> Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit | Strawberry Banana Smoothie Honey Graham Crackers <br> Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit | Apple Cinnamon Oatmeal <br> Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit | Pineapple Orange Smoothie Honey Graham Crackers <br> Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit |
| Blueberry/Strawberry French Toast Parfait <br> Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit | Scrambled Cheezy Eggs Whole Wheat Toast <br> Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit | Pink Lemonade Smoothie Honey Graham Crackers <br> Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit | Two Warm Pancakes With Crispy Bacon <br> Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit |  |
| Ham, Egg, and Cheese Bagel Sandwich <br> Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit | Apple Cinnamon Yogurt Parfait With Homemade Granola <br> Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit | Banana Split Smoothie Honey Graham Crackers <br> Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit | Three French Toast Sticks 2 Slices Crispy Bacon <br> Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit | Bagel with Cream Cheese, Sunbutter or Grape Jelly <br> Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit |
| Two Whole Grain Waffles Two Pork Sausage Links <br> Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit | Whole Grain Blueberry Muffin <br> Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit | Pineapple and Strawberry Smoothie with Graham Cracker <br> Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit | Sausage, Egg, and Cheese Biscuit Sandwich <br> Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local 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

