## Mill May Breakfast Menu



Staff Price \$4.35
area cooperative educational services

| Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: |
| Whole Grain Blueberry Muffin <br> Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit | Ham and Egg Breakfast Burrito <br> Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit | Three French Toast Sticks 2 Slices Crispy Bacon <br> Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit | Bagel with Cream Cheese, Sunbutter or Grape Jelly <br> Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit | Whole Grain Double Chocolate Chin Muffin <br> Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit |
| 8 <br> Scrambled Egg Pizza <br> Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit | Bacon, Egg, and Cheese Bagel Sandwich <br> Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit | 10 <br> Strawberry Banana Smoothie Honey Graham Crackers <br> Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit | Apple Cinnamon Oatmeal <br> Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit | Pineapple Orange Smoothie Honey Graham Crackers <br> Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit |
| Blueberry/Strawberry French Toast Parfait <br> Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit | Scrambled Cheezy Eggs Whole Wheat Toast <br> Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit | Pink Lemonade Smoothie Honey Graham Crackers <br> Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit |  | 19 <br> Sausage, Egg, and Cheese Biscuit Sandwich <br> Assorted Fruit Juice Assorted Chilled Fruit <br> Assorted Fresh Seasonal Fruit |
| Colby Jack Cheese Omelet Whole Wheat Toast <br> Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit | Apple Cinnamon Yogurt Parfait With Homemade Granola <br> Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit | Banana Split Smoothie Honey Graham Crackers <br> Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit | Whole Grain Apple Cinnamon Muffin <br> Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit | Ham, Egg, and Cheese Bagel Sandwich <br> Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit |
|  | Two Whole Grain Waffles ${ }^{30}$ Two Pork Sausage Links Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit | Pineapple and Strawberry Smoothie with Graham Cracker <br> 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.

