What's on the Menu?

Mill May Breakfast Menu







Cross MyPlate gov		area cooperative educational services		
Monday	Tuesday	Wednesday	Thursday	Friday
1 Whole Grain Blueberry Muffin	2 Ham and Egg Breakfast Burrito	3 Three French Toast Sticks 2 Slices Crispy Bacon	4 Bagel with Cream Cheese, Sunbutter or Grape Jelly	5 Whole Grain Double Chocolate Chip Muffin
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Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit	Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit	Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit	Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit	Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit
8 Scrambled Egg Pizza	9 Bacon, Egg, and Cheese Bagel Sandwich	10 Strawberry Banana Smoothie Honey Graham Crackers	11 Apple Cinnamon Oatmeal	12 Pineapple Orange Smoothie Honey Graham Crackers
Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit	Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit	Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit	Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit	Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit
15 Blueberry/Strawberry French Toast Parfait	16 Scrambled Cheezy Eggs Whole Wheat Toast	17 Pink Lemonade Smoothie Honey Graham Crackers	18 Two Warm Pancakes With Crispy Bacon	19 Sausage, Egg, and Cheese Biscuit Sandwich
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Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit	Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit	Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit	Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit	Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit
22 Colby Jack Cheese Omelet Whole Wheat Toast	23 Apple Cinnamon Yogurt Parfait With Homemade Granola	24 Banana Split Smoothie Honey Graham Crackers	25 Whole Grain Apple Cinnamon Muffin	26 Ham, Egg, and Cheese Bagel Sandwich
Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit	Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit	Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit	Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit	Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit
29	30 Two Whole Grain Waffles Two Pork Sausage Links	31 Pineapple and Strawberry Smoothie with Graham Cracker		
Memorial				
≒Day	Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit	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
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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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