

What's on the Menu?

Staff Price \$5.45

Mill January Breakfast Menu



Student Gluten Free Options
Cereal, Bagels, Bread and Pizza



Monday	Tuesday	Wednesday	Thursday	Friday
5 Bacon, Egg, and Cheese Bagel Sandwich Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	6 Whole Grain Blueberry Muffin String Cheese Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	7 Lemonade Smoothie Honey Graham Crackers Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	8 Two Whole Grain Waffles Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	9 Bagel with Cream Cheese, Sun butter, or Jelly Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit
12 Ham, Egg, and Cheese Bagel Sandwich Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	13 Whole Grain Blueberry Muffin String Cheese Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	14 Pineapple Orange Smoothie Honey Graham Crackers Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	15 Three French Toast Sticks Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	16 Buttermilk Whole Grain Pancakes Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit
19	20 Chocolate Chip Muffin String Cheese Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	21 Blueberry/Strawberry French Toast Parfait Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	22 Cinnamon Roll Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	23 Scrambled Cheezy Eggs Whole Wheat Toast Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit
26 Egg, and Cheese English Muffin Sandwich Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	27 Apple Cinnamon Muffin String Cheese Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	28 Banana Split Smoothie Honey Graham Crackers Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	29 Apple Cinnamon Oatmeal Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	30 Scrambled Egg Pizza Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit
ALTERNATE DAILY OPTION				
Assorted Low Sugar Cereal w/ String Cheese	Assorted Low Sugar Cereal w/ String Cheese	Assorted Low Sugar Cereal w/ String Cheese	Assorted Low Sugar Cereal w/ String Cheese	Assorted Low Sugar Cereal w/ String Cheese

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, and skim chocolate.



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