

What's on the Menu?

Mill July Breakfast Menu



Staff Price \$5.25

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Bagel with Cream Cheese, Sunbutter or Grape Jelly  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	2 Bacon, Egg, and Cheese Bagel Sandwich  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	3 Whole Grain Blueberry Muffin with String Cheese  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	4 
7 Two Whole Grain Waffles  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	8 Bagel with Cream Cheese, Sunbutter or Grape Jelly  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	9 Bacon, Egg, and Cheese Bagel Sandwich  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	10 Whole Grain Blueberry Muffin with String Cheese  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	11 Strawberry Banana Smoothie Graham Cracker  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit
14 Two Whole Grain Waffles  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	15 Bagel with Cream Cheese, Sunbutter or Grape Jelly  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	16 Bacon, Egg, and Cheese Bagel Sandwich  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	17 Whole Grain Blueberry Muffin with String Cheese  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	18 Strawberry Banana Smoothie Graham Cracker  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit
21 Two Whole Grain Waffles  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	22 Bagel with Cream Cheese, Sunbutter or Grape Jelly  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	23 Bacon, Egg, and Cheese Bagel Sandwich  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	24 Whole Grain Blueberry Muffin with String Cheese  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	25 Strawberry Banana Smoothie Graham Cracker  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit
28 	29	30	31	
Alternate Option				
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 ½ cups) fruit side dishes and choice of milk. Milk choices include 1% white, skim and skim chocolate.



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