

What's on the Menu?

Staff Price \$5.45

Mill November Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
3 Scrambled Cheezy Eggs Whole Wheat Toast  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	4 Apple Cinnamon Muffin String Cheese  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	5 Lemonade Smoothie Honey Graham Crackers  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	6 Three French Toast Sticks  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	7 Scrambled Egg Pizza  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit
10 Bacon, Egg, and Cheese Bagel Sandwich  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	11  12 Pineapple Orange Smoothie Honey Graham Crackers  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	13 Two Whole Grain Waffles  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	14 Bagel with Cream Cheese, Sunbutter or Grape Jelly  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	
17 Ham, Egg, and Cheese Bagel Sandwich  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	18 Whole Grain Blueberry Muffin String Cheese  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	19 Apple Cinnamon Yogurt Parfait With Homemade Granola  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	20 Colby Jack Cheese Omelet Whole Wheat Toast  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	21 Banana Split Smoothie Honey Graham Crackers  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit
24 Sausage, Egg, and Cheese Biscuit Sandwich  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	25 Chocolate Chip Muffin String Cheese  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	26 Strawberry Banana Smoothie Honey Graham Crackers  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	27 28 	
Assorted Low Sugar Cereal w/ String Cheese	Assorted Low Sugar Cereal w/ String Cheese	ALTERNATE DAILY OPTION 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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