

What's on the Menu?

Staff Price \$5.25

Mill October Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
		Blueberry/Strawberry French Toast Parfait  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	 Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	Apple Cinnamon Oatmeal  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit
Scrambled Cheezy Eggs Whole Wheat Toast  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	Apple Cinnamon Muffin <u>String Cheese</u>  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	Lemonade Smoothie Honey Graham Crackers  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	Two Warm Pancakes  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	Scrambled Egg Pizza  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit
 Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	Whole Grain Banana Muffin <u>String Cheese</u>  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	Pineapple Orange Smoothie Honey Graham Crackers  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	Two Whole Grain Waffles  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	Bagel with Cream Cheese, Sunbutter or Grape Jelly  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit
Ham, Egg, and Cheese Bagel Sandwich  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	Whole Grain Blueberry Muffin <u>String Cheese</u>  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	Apple Cinnamon Yogurt Parfait With Homemade Granola  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	Colby Jack Cheese Omelet Whole Wheat Toast  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	Banana Split Smoothie Honey Graham Crackers  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit
Sausage, Egg, and Cheese Biscuit Sandwich  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	Chocolate Chip Muffin <u>String Cheese</u>  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	Strawberry Banana Smoothie Honey Graham Crackers  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	Three French Toast Sticks  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	Bacon, Egg, and Cheese Bagel Sandwich  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit
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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