

# What's on the Menu?

## Mill October Breakfast Menu



Staff Price \$4.35

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Ham and Egg Breakfast Burrito</p>  <p>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit</p>	<p>3</p> <p>Whole Grain Blueberry Muffin</p>  <p>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit</p>	<p>4</p> <p>Pineapple and Strawberry Smoothie with Graham Cracker</p>  <p>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit</p>	<p>5</p> <p>Sausage, Egg, and Cheese Biscuit Sandwich</p>  <p>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit</p>	<p>6</p> <p>Whole Grain Double Chocolate Chip Muffin</p>  <p>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit</p>
<p>9</p> <p><b>HAPPY INDIGENOUS PEOPLE'S DAY</b></p>	<p>10</p> <p>Bacon, Egg, and Cheese Bagel Sandwich</p>  <p>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit</p>	<p>11</p> <p>Strawberry Banana Smoothie Honey Graham Crackers</p>  <p>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit</p>	<p>12</p> <p>Apple Cinnamon Oatmeal</p>  <p>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit</p>	<p>13</p> <p>Three French Toast Sticks 2 Slices Crispy Bacon</p>  <p>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit</p>
<p>16</p> <p>Blueberry/Strawberry French Toast Parfait</p>  <p>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit</p>	<p>17</p> <p>Scrambled Cheezy Eggs Whole Wheat Toast</p>  <p>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit</p>	<p>18</p> <p>Pink Lemonade Smoothie Honey Graham Crackers</p>  <p>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit</p>	<p>19</p> <p>Two Warm Pancakes With Crispy Bacon</p>  <p>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit</p>	<p>20</p> <p>Scrambled Egg Pizza</p>  <p>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit</p>
<p>23</p> <p>Colby Jack Cheese Omelet Whole Wheat Toast</p>  <p>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit</p>	<p>24</p> <p>Apple Cinnamon Yogurt Parfait With Homemade Granola</p>  <p>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit</p>	<p>25</p> <p>Banana Split Smoothie Honey Graham Crackers</p>  <p>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit</p>	<p>26</p> <p>Whole Grain Apple Cinnamon Muffin</p>  <p>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit</p>	<p>27</p> <p>Ham, Egg, and Cheese Bagel Sandwich</p>  <p>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit</p>
<p>30</p> <p>Bagel with Cream Cheese, Sunbutter or Grape Jelly</p>  <p>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit</p>	<p>31</p> <p>Two Whole Grain Waffles Two Pork Sausage Links</p>  <p>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit</p>			
<p>Assorted Low Sugar Cereal w/ String Cheese or Yogurt</p>	<p>Assorted Low Sugar Cereal w/ String Cheese or Yogurt</p>	<p>Assorted Low Sugar Cereal w/ String Cheese or Yogurt</p>	<p>Assorted Low Sugar Cereal w/ String Cheese or Yogurt</p>	<p>Assorted Low Sugar Cereal w/ String Cheese or Yogurt</p>

**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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