What's on the Menu?

Mill September Breakfast Menu

I C		access area cooperative educational services	First Day School	Staff Price \$4.35
Monday	Tuesday	Wednesday	Thursday	Friday
			1 Pineapple Orange Smoothie Honey Graham Crackers Massorted Fruit Juice Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	2 Ham, Egg, and Cheese Bagel Sandwich Sasorted Fruit Juice Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit
HAPPY LABOR DAY!	6 Scrambled Egg Pizza Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	7 Strawberry Banana Smoothie Honey Graham Crackers Massorted Fruit Juice Assorted Fruit Juice Assorted Fresh Local Seasonal Fruit 14	8 Home-made WG Chocolate Chip Muffin Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit 16	9 Scrambled Eggs with Cheese Whole Wheat Toast Whole Wheat Toast Seasonted Fruit Juice Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit
12 Two Whole Grain Waffles Two Pork Sausage Links	13 Whole Grain Blueberry Muffin	Pink Lemonade Smoothie Honey Graham Crackers	Two Warm Pancakes With Crispy Bacon	Sausage, Egg, and Cheese Biscuit Sandwich
Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit
19 Colby Jack Cheese Omelet Whole Wheat Toast	20 Blueberry/Strawberry French Toast Parfait	21 Three French Toast Sticks 2 Slices Crispy Bacon	22 Banana Split Smoothie Honey Graham Crackers	23 Apple Cinnamon Oatmeal
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Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit
26 Bacon, Egg, and Cheese Bagel Sandwich	27 It's Almost Summer Pineapple and Strawberry Smoothie with Graham Cracker	28 Bagel with Cream Cheese, Sunbutter or Grape Jelly	29 Apple Cinnamon Yogurt Parfait With Homemade Granola	30 Whole grain Double Chocolate Chip Muffin
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Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit
Assorted Low Sugar Cereal	Assorted Low Sugar Cereal	Assorted Low Sugar Cereal	Assorted Low Sugar Cereal	Assorted Low Sugar Cereal
V/ String Cheese or Yogurt W/ String Cheese or Y				Vegetarian

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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