

# What's on the Menu?

## Mill November Breakfast Menu



Staff Price \$4.35

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1</p> <p>Pineapple Orange Smoothie Honey Graham Crackers</p>  <p>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit</p>	<p>2</p> <p>Bagel with Cream Cheese, Sunbutter or Grape Jelly</p>  <p>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit</p>	<p>3</p> <p>Whole grain Double Chocolate Chip Muffin</p>  <p>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit</p>
<p>6</p> <p>Scrambled Egg Pizza</p>  <p>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit</p>	<p>7</p> 	<p>8</p> <p>Strawberry Banana Smoothie Honey Graham Crackers</p>  <p>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit</p>	<p>9</p> <p>Apple Cinnamon Yogurt Parfait With Homemade Granola</p>  <p>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit</p>	<p>10</p> 
<p>13</p> <p>Two Whole Grain Waffles Two Pork Sausage Links</p>  <p>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit</p>	<p>14</p> <p>Whole Grain Blueberry Muffin</p>  <p>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit</p>	<p>15</p> <p>Pink Lemonade Smoothie Honey Graham Crackers</p>  <p>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit</p>	<p>16</p> <p>Two Warm Pancakes With Crispy Bacon</p>  <p>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit</p>	<p>17</p> <p>Sausage, Egg, and Cheese Biscuit Sandwich</p>  <p>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit</p>
<p>20</p> <p>Scrambled Cheesy Eggs Whole Wheat Toast</p>  <p>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit</p>	<p>21</p> <p>Blueberry/Strawberry French Toast Parfait</p>  <p>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit</p>	<p>22</p> <p>Three French Toast Sticks 2 Slices Crispy Bacon</p>  <p>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit</p>	<p>23</p> 	<p>24</p> 
<p>27</p> <p>Bacon, Egg, and Cheese Bagel Sandwich</p>  <p>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit</p>	<p>28</p> <p>Banana Split Smoothie Honey Graham Crackers</p>  <p>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit</p>	<p>29</p> <p>Apple Cinnamon Oatmeal</p>  <p>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit</p>	<p>30</p> <p>Ham, Egg, and Cheese Bagel Sandwich</p>  <p>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local 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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