What's on the Menu?

Mill January Breakfast Menu Staff Price \$5.25





Strawberry Banana

Smoothie

Honey Graham Crackers

Assorted Fruit Juice

Assorted Chilled Fruit

Assorted Fresh Local

Seasonal Fruit

Pink Lemonade Smoothie

Honey Graham Crackers

Assorted Fruit Juice

Assorted Chilled Fruit

Assorted Fresh Local

Seasonal Fruit

Blueberry/Strawberry

French Toast Parfait

22



Monday Tuesday Wednesday

Bagel with Cream Cheese, Sunbutter or Grape Jelly

Thursday



Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit

Whole Grain Double Chocolate Chip Muffin Yogurt or String Cheese

Friday

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

Scrambled Cheezy Eggs Whole Wheat Toast





Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit



27 Two Whole Grain Waffles



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

Apple Cinnamon Muffin Yogurt or String Cheese



Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit

21 PROFESSIONAL DEVELOPMENT

Whole Grain Blueberry

Muffin

Yogurt or String Cheese

Assorted Fruit Juice

Assorted Chilled Fruit

Assorted Fresh Local

Seasonal Fruit

28

Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local

29 Apple Cinnamon Yogurt Parfait With Homemade Granola

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

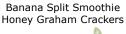
Two Warm Pancakes

16



Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit

23





Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit

30 Whole Wheat Toast



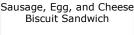
Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit

10 Pineapple Orange Smoothie Honey Graham Crackers



Assorted Fruit Juice Assorted Chilled Fruit

Assorted Fresh Local Seasonal Fruit





Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit

Ham, Egg, and Cheese Bagel Sandwich

24



Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit

31 Colby Jack Cheese Omelet Three French Toast Sticks



Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit

Assorted Low Sugar Cereal v/ String Cheese or Yogurt

Assorted Low Sugar Cereal v/ String Cheese or Yogurt

Assorted Low Sugar Cereal w/ String Cheese or Yogurt **Assorted Low Sugar Cereal** v/ String Cheese or Yogurt **Assorted Low Sugar Cereal** w/ String Cheese or Yogurt

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.



Visit aces.nutrislice.com to see your menu!





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