

What's on the Menu?

Mill November Breakfast Menu



Staff Price \$5.25

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Whole Grain Double Chocolate Chip Muffin  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit
4 Strawberry Yogurt Parfait with Granola  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit	5  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit	6 Pineapple and Strawberry Smoothie with Graham Cracker  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit	7 Scrambled Egg Pizza  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit	8 Ham, Egg, and Cheese Bagel Sandwich  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit
11  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit	12 Apple Cinnamon Yogurt Parfait With Homemade Granola  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit	13 Banana Split Smoothie Honey Graham Crackers  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit	14 Whole Grain Apple Cinnamon Muffin  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit	15 Sausage, Egg, and Cheese Biscuit Sandwich  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit
18 Blueberry/Strawberry French Toast Parfait  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit	19 Scrambled Cheesy Eggs Whole Wheat Toast  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit	20 Pink Lemonade Smoothie Honey Graham Crackers  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit	21 Two Warm Pancakes  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit	22 Three French Toast Sticks  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit
25 Bagel with Cream Cheese, Sunbutter or Grape Jelly  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit	26 Colby Jack Cheese Omelet Whole Wheat Toast  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit	27 Apple Cinnamon Oatmeal  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit	28  Assorted Low Sugar Cereal w/ String Cheese or Yogurt	29  Assorted Low Sugar Cereal w/ String Cheese or Yogurt
Assorted Low Sugar Cereal w/ String Cheese or Yogurt	Assorted Low Sugar Cereal w/ String Cheese or Yogurt	Assorted Low Sugar Cereal w/ String Cheese or Yogurt	Assorted Low Sugar Cereal w/ 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, and skim chocolate.



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