








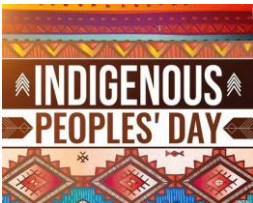















What's on the Menu?

Mill October Breakfast Menu



Staff Price \$4.50

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Bacon, Egg, and Cheese Bagel Sandwich  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit	2 Strawberry Banana Smoothie Honey Graham Crackers  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit	3 <i>Rosh Hashanah</i> 	4 Whole Grain Double Chocolate Chip Muffin  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit
7 Blueberry/Strawberry French Toast Parfait  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit	8 Scrambled Cheesy Eggs Whole Wheat Toast  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit	9 Pink Lemonade Smoothie Honey Graham Crackers  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit	10 Two Warm Pancakes With Crispy Bacon  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit	11 Three French Toast Sticks 2 Slices Crispy Bacon  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit
14 	15 Apple Cinnamon Yogurt Parfait With Homemade Granola  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit	16 Banana Split Smoothie Honey Graham Crackers  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit	17 Whole Grain Apple Cinnamon Muffin  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit	18 Sausage, Egg, and Cheese Biscuit Sandwich  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit
21 Strawberry Yogurt Parfait with Granola  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit	22 Two Whole Grain Waffles Two Pork Sausage Links  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit	23 Pineapple and Strawberry Smoothie with Graham Cracker  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit	24 Scrambled Egg Pizza  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit	25 Ham, Egg, and Cheese Bagel Sandwich  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit
28 Bagel with Cream Cheese, Sunbutter or Grape Jelly  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit	29 Colby Jack Cheese Omelet Whole Wheat Toast  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit	30 Apple Cinnamon Oatmeal  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit	31 Banana Muffin  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Seasonal Fruit	
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, skim strawberry and skim chocolate.



Visit aces.nutrislice.com to see your menu!

USDA is an equal opportunity employer and provider

