	Breakfast
	Students- \$1 25
Lunch	Adults- \$1.80
Students- \$1.85	

Breakfast-	cereal, r	muffins,	hard boiled	eggs, a	nd cheese sticks	available daily

Pigs-in-a-blanket

A- Pasta & Meat Sauce w/

C- Turkey & Cheese Wrap

Fresh Steamed Broccoli

Garlic Toast

B-PBJ & Goldfish

w/ Goldfish

A- Pasta Alfredo w/

Breadstick

B-PBJ & Goldfish

w/ Goldfish

C– Ham & Cheese Sandwich | C– Turkey & Cheese Wrap

Mini Pancakebrs

RED

BLUE

A- BBQ Chicken Wrap

B- Yogurt Parfait & Pretzels

C– Ham & Cheese Sandwich

Potato Smiles

A- Chicken Poppers

w/ Mac & Cheese

B- Yogurt Parfait & Pretzels

GREEN				
A– Chicken Chips B– Yogurt Parfait & Pretzels C– Ham & Cheese Sandwich	A– Cheese Ravioli w/ Garlic breadstick B– PBJ & Goldfish C– Turkey & Cheese Wrap w/ Goldfish	A– Italian Sandwich Melt B– Hummus Bistro Box C– Ham & Cheese Sandwich	A– Soft Taco w/ Fritos & Salsa B– PBJ & Goldfish C– Turkey Bistro Box	A– Cheese Bosco Sticks B– Yogurt Combo C– no C choice
Fresh Steamed Cauliflower	Fresh Steamed Broccoli	Baked French Fries	Refried Beans	Diced Sweet Potatoes

A- Personal Pan Pizza

B- Hummus Bistro Box

C- Ham & Cheese Sandwich

Fresh Steamed Green Beans

A- French Toast Sticks w/

Turkey Sausage

B- Hummus Bistro Box

C- Ham & Cheese Sandwich

Breakfast Breadstick

Cheese Omelet & Biscuit

A– Chicken Tenders w/

B-PBJ & Goldfish

B-PBJ & Goldfish

C– Turkey Bistro Box

C- Turkey Bistro Box

Teriyaki Brown Rice

California Steamed Medley

A- Mini Chicken Corn Dogs

Build a Healthy Tray

- Pick a lunch entrée choice : A, B, or C—- hot or cold meal options made with lean protein and
- Pick side choices: choose: Up to 3 sides
 - 1 fruit choice
 - 1-2 veggie choices
- Pick a milk choice: Skim chocolate, skim white or 1% white. Lactose free milk available upon request.

Meals MUST include 1 fruit or veggie

An assortment of fresh cut fruits, veggies, and side salads are served daily. Free dips include hummus and

Collect 3-5	different	colored	dots

- whole grains.

Adults - \$2.90

to qualify for meal pricing.

low fat dressings.

Visit us at

millerscafe.org

Fresh Steamed Brocc	occoli Fresh Steamed Gr					ree	en Bea	Beans Hot Spiced Apples										В	Baked Beans*						
August					September						October						November								
		M	T	W	TR	F			M	T	\mathbf{W}	TR	F		M	T	W	TR	F		M	T	W	TR	F
	Green		1	2	3	4		Red					1	Green	2	3	4	5	6	Blue			1	2	3
les	Red	7	8	9	10	11		Blue	NS	5	6	7	8			Fal	l Br	eak		Green	6	7	8	9	10
	Blue	14	15	16	17	18		Green	11	12	13	14	15			Fal	l Br	eak		Red	13	14	15	16	17
	Green	21	22	23	24	25		Red	18	19	20	21	22	Red	23	24	25	26	27	Blue	20	21	Tha	nksgi	ving
ChooseMyPlate.gov	Red	28	29	30	31			Blue	25	26	27	28	29	Blue	30	31				Green	27	28	29	30	

Items marked with * contain pork Menus are subject to change Option B is always vegetarian

Mini Cinnamon Bites

A– Hambuger

C- no C choice

A- Pizza Specials

B- Yogurt Combo

C- no C choice

B- Yogurt Combo

Baked Beans*

Sweet Corn

December

Red 4 5 6 7 8 Blue 11 12 13 14 15

Green 18 19 20 21 22 Winter Break

M T W TR F

For item descriptions, calorie information, and ingredients see the monthly interactive menu at millerscafe.org