

2 Breakfast
French Toast Sticks
Yogurt

Student Lunch
A- Pepperoni Pizza*
B- Mini Corn Dogs
C- Cheeseburger
D- Turkey & Cheese Sub
E- Chef Salad*

Sides: Green Beans, Applesauce, Blackberries, Carrots, Shredded Lettuce, Pickles, Bananas

3 Breakfast
Breakfast Bagel
Yogurt

Student Lunch
A- Cook's Choice
B- Cheese Nachos
C- Hamburger
D- Ham & Cheese Sub*
E- Popcorn Chicken Salad

Sides: Carrots, Chilled Peaches, Blueberries, Carrots, Garden Salad, Pickles, Orange Smiles

4 Breakfast
Pancake on a Stick*
Yogurt

Student Lunch
A- Chicken Nuggets w/Roll
B- Meatball Sub*
C- Chicken Wrap
D- Pepperoni Salad*

Sides: Oven Fries, Chilled Pears, Broccoli Flowerettes, Carrots, Peaches, Pickles, Apples

5 Breakfast
Breakfast Pizza*
Yogurt

Student Lunch
A. Fish Nuggets
B- Beef Enchiladas
C- Hot Dog
D- Italian Sub*
E- Chicken Caesar Salad

Sides: Cookie, Green Beans, Chilled Fruit Mix, Broccoli Flowerettes, Carrots, Salsa, Pickles, Fresh Cut Apples

6 Breakfast
Cinnamon Roll
Yogurt

Student Lunch
A- Ravioli w/French Bread
B- Toasted Cheese Sandwich
C- Crisp Tacos
D- Yogurt & Pretzel
E- Chef Salad*

Sides: Peas, Chilled Peaches, Carrots, Jell-O, Salsa, Pickles, Orange Smiles

9 Breakfast
French Toast Sticks
Yogurt

Student Lunch
A- Cheese Pizza
B- Corn Dog
C- Cheeseburger
D- Turkey & Cheese Wrap
E- Chef Salad*

Sides: Corn, Applesauce, Blueberries, Carrots, Shredded Lettuce, Pickles, Bananas

10 Breakfast
Breakfast Bagel
Yogurt

Student Lunch
A- Macaroni & Cheese
B- Beef Nachos
C- Hamburger
D- Ham & Cheese Wrap*
E- Popcorn Chicken Salad

Sides: Carrots, Chilled Peaches, Blueberries, Garden Salad, Pickles, Orange Smiles

11 Breakfast
Pancake on a Stick*
Yogurt

Student Lunch
A- Chicken Nuggets w/Roll
B- Meatball Sub*
C- Chicken Wrap
D- Fruit & Yogurt Plate

Sides: Mashed Potatoes/Gravy, Chilled Pears, Broccoli Flowerettes, Carrots, Peaches, Pickles, Fresh Cut Apples

12 Breakfast
Breakfast Pizza*
Yogurt

Student Lunch
A. Spaghetti w/French Bread
B- Beef Taco
C- Hot Dog
D- American Sub*
E- Mandarin Chicken Salad

Sides: Cookie, Green Beans, Chilled Fruit Mix, Broccoli Flowerettes, Carrots, Salsa, Pickles, Fresh Cut Apples

13 Breakfast
Cinnamon Roll
Yogurt

Student Lunch
A- Pancakes & Sausage*
B- Toasted Cheese Sandwich
C- Pretzel & Cheese
D- Ham & Cheese Sub*
E- Chef Salad*

Sides: Potato Rounds, Chilled Peaches, Carrots, Jell-O, Salsa, Garden Salad, Orange Smiles

16 Breakfast
French Toast Sticks
Yogurt

Student Lunch
A- Pepperoni Pizza*
B- Mini Corn Dogs
C- Cheeseburger
D- Turkey & Cheese Sub
E- Chef Salad*

Sides: Green Beans, Applesauce, Blackberries, Carrots, Shredded Lettuce, Pickles, Bananas

17 Breakfast
Breakfast Bagel
Yogurt

Student Lunch
A- Pork & Veg. Eggrolls*
B- Cheese Nachos
C- Hamburger
D- Ham & Cheese Sub*
E- Popcorn Chicken Salad

Sides: Hot Veg, Chilled Peaches, Blueberries, Carrots, Garden Salad, Pickles, Orange Smiles

18 Breakfast
Pancake on a Stick*
Yogurt

Student Lunch
A- Chicken Nuggets w/Roll
B- Meatball Sub*
C- Chicken Wrap
D- Pepperoni Salad*

Sides: Potato Wedges, Chilled Pears, Broccoli Flowerettes, Carrots, Mandarin Oranges, Pickles, Fresh Cut Apples

19 Breakfast
Breakfast Pizza*
Yogurt

Student Lunch
Thanksgiving Lunch
Roast Turkey
Mashed Potatoes & Gravy
Green Beans
Tea Roll

Sides: Chilled Fruit Mix, Broccoli Flowerettes, Carrots, Garden Salad, Peaches, Fresh Cut Apples

20 Breakfast
Cinnamon Roll
Yogurt

Student Lunch
A- Steak Fingers w/roll
B- Toasted Cheese Sandwich
C- Chicken Patty Sandwich
D- Yogurt & Pretzel
E- Chef Salad*

Sides: Carrots, Chilled Peaches, Jell-O, Salsa, Garden Salad, Orange Smiles

23 Breakfast
French Toast Sticks
Yogurt

Student Lunch
A- Pepperoni Pizza*
B- Mini Corn Dogs
C- Cheeseburger
D- Turkey & Cheese Sub
E- Chef Salad*

Sides: Corn, Applesauce, Blackberries, Carrots, Shredded Lettuce, Pickles, Bananas

24 Breakfast
Breakfast Bagel
Yogurt

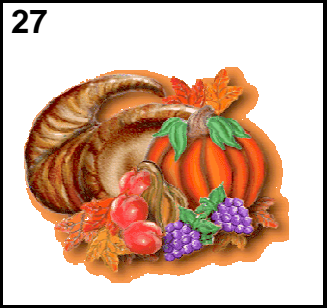
Student Lunch
A- Cook's Choice
B- Cheese Nachos
C- Hamburger
D- Ham & Cheese Sub*
E- Popcorn Chicken Salad

Sides: Green Beans, Chilled Peaches, Blueberries, Garden Salad, Pickles, Orange Smiles

25 Breakfast
Pancake on a Stick*
Yogurt

Student Lunch
A- Chicken Nuggets w/Roll
B- Meatball Sub*
C- Cook's Choice
D- Fruit & Yogurt Plate

Sides: Potato Wedges, Chilled Pears, Broccoli Flowerettes, Carrots, Peaches, Pickles, Fresh Cut Apples



30 Breakfast
French Toast Sticks
Yogurt

Student Lunch
A- Cheese Pizza
B- Corn Dog
C- Cheeseburger
D- Turkey & Cheese Wrap
E- Chef Salad*

Sides: Corn, Applesauce, Blueberries, Carrots, Shredded Lettuce, Pickles, Bananas

31 Breakfast
Breakfast Bagel
Yogurt

Student Lunch
A- Cook's Choice
B- Cheese Nachos
C- Hamburger
D- Ham & Cheese Sub*
E- Popcorn Chicken Salad

Sides: Carrots, Chilled Peaches, Blueberries, Garden Salad, Pickles, Orange Smiles

32 Breakfast
Pancake on a Stick*
Yogurt

Student Lunch
A- Chicken Nuggets w/Roll
B- Meatball Sub*
C- Chicken Wrap
D- Fruit & Yogurt Plate

Sides: Potato Wedges, Chilled Pears, Broccoli Flowerettes, Carrots, Mandarin Oranges, Pickles, Fresh Cut Apples

33 Breakfast
Breakfast Pizza*
Yogurt

Student Lunch
A. Spaghetti w/French Bread
B- Beef Taco
C- Hot Dog
D- American Sub*
E- Mandarin Chicken Salad

Sides: Cookie, Green Beans, Chilled Fruit Mix, Broccoli Flowerettes, Carrots, Salsa, Pickles, Fresh Cut Apples

34 Breakfast
Cinnamon Roll
Yogurt

Student Lunch
A- Pancakes & Sausage*
B- Toasted Cheese Sandwich
C- Pretzel & Cheese
D- Ham & Cheese Sub*
E- Chef Salad*

Sides: Potato Rounds, Chilled Peaches, Carrots, Jell-O, Salsa, Garden Salad, Orange Smiles

About our meals
Millard Public Schools serves breakfast and lunch daily in all District Buildings. All meals include the choice of milk.

Student Meal Prices:
Breakfast \$1.20
Reduced-Priced* .30
Lunch \$1.90
Reduced-Priced* .40
Extra Lunch Entree \$1.20
Milk .35

* Families with a financial need are encouraged to apply for free and reduced-price meals. Applications are available in your school's main office.

Kids Network Students
The cost of breakfast is included with your tuition. There is not a separate charge.

Breakfast includes the choice of cereal, and fruit or juice. Cereal bars and toast are also available every day. Lunch includes fruit & vegetable cart choices.

***Contains Pork Products**
**** Contains Peanut Products**
Millard Food Service will make necessary menu substitutions as required by a medical doctor's written statement.

Non-discrimination Statement
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Menu Subject to Change

November

2009

Menu items are color-coded according to how much fat they contain, as part of the CATCH program (Coordinated Approach to Child Health).

are lowest in fat and can be eaten "almost anytime."

are a little higher in fat and can be eaten "sometimes."

are highest in fat and should only be eaten "once in a while."