

**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- BBQ Rib on a Bun  
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- Hamburger  
D- Pepperoni Salad\*

Sides: Oven Fries, Chilled Peaches, 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, Carrots, 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 Peaches, 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, 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 Peaches, 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

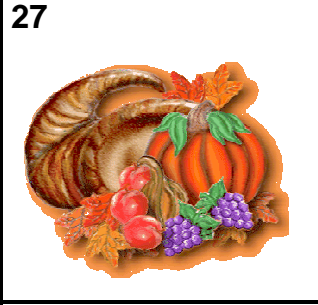
**Student Lunch**  
A- Beef Enchiladas  
B- Cheese Nachos  
C- Hamburger  
D- Ham & Cheese Sub\*  
E- Popcorn Chicken Salad

Sides: Green Beans, Chilled Peaches, Blueberries, A to Z choice, Salad, Pickles, Orange Smiles

**25 Breakfast**  
Pancake on a Stick\*  
Yogurt

**Student Lunch**  
A- Chicken Nuggets w/Roll  
B- Meatball Sub\*  
C- BBQ Rib on a Bun  
D- Fruit & Yogurt Plate

Sides: Potato Wedges, Chilled Peaches, 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- Macaroni & Cheese  
B- Beef Nachos  
C- Hamburger  
D- Ham & Cheese Wrap\*  
E- Popcorn Chicken Salad

Sides: Carrots, Chilled Peaches, Blueberries, Carrots, 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: Mashed Potatoes/Gravy, Chilled Peaches, Broccoli Flowerettes, Carrots, Peaches, 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**  
The United States Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, or marital or family status. To file a complaint of discrimination, call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

**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."