



Food & Nutrition Services

FEBRUARY 2023

U-46 MIDDLE & HIGH SCHOOL BREAKFAST MENU

Fruit and milk choice available with all entrée choices. In addition to the breakfast entrees, a variety of grab and go options are available. Please see your

WHAT MAKES A SCHOOL BREAKFAST?

OFFER vs. SERVE

BUILD YOUR OWN

GRAIN

FRUIT

MILK

CHOOSE at least 3 ITEMS

Choose from the four offered. One must be 1/2 cup of fruit (or vegetable).

FRESH BAKED CINNAMON ROLL OR TURKEY SAUSAGE AND CHEESE BISCUIT

This institution is an equal opportunity provider.

You need to take a **FULL** serving of fruit and/or vegetables to make your meal complete.

Menu Questions?
Contact Christine Cliff, U-46.org or (847)888-5000 x5034

MENU SUBJECT TO CHANGE.

In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800)877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>FRENCH TOAST STICKS SERVED WITH FRUIT AND SYRUP OPTION 30</p> <p>MILK - JUICE - FRUIT</p>	<p>CHEESY EGGS WITH TATOR TOTS 31</p> <p>MILK - JUICE - FRUIT</p>	<p>YOGURT PARFAIT WITH FRUIT OR TURKEY SAUSAGE AND CHEESE BISCUIT 1</p> <p>MILK - JUICE - FRUIT</p>	<p>PEPPER AND EGG BREAKFAST SANDWICH OR PANCAKES AND MAPLE SYRUP 2</p> <p>MILK - JUICE - FRUIT</p>	<p>ICED DONUT RING OR HAM AND CHEESE BREAKFAST BAGEL 3</p> <p>MILK - JUICE - FRUIT</p>
<p>CHICKEN WAFFLE SLIDER SANDWICH 6</p> <p>MILK - JUICE - FRUIT</p>	<p>CHEESY EGGS WITH POTATOES 7</p> <p>MILK - JUICE - FRUIT</p>	<p>YOGURT PARFAIT WITH FRUIT OR TURKEY SAUSAGE AND CHEESE BISCUIT 8</p> <p>MILK - JUICE - FRUIT</p>	<p>PEPPER AND EGG BREAKFAST SANDWICH OR PANCAKES AND MAPLE SYRUP 9</p> <p>MILK - JUICE - FRUIT</p>	<p>ICED DONUT RING OR HAM AND CHEESE BREAKFAST BAGEL 10</p> <p>MILK - JUICE - FRUIT</p>
<p>FRESH BAKED CINNAMON ROLL OR TURKEY SAUSAGE AND CHEESE BISCUIT 13</p> <p>MILK - JUICE - FRUIT</p>	<p>HAPPY VALENTINE'S DAY 14 TURKEY SAUSAGE AND EGG BREAKFAST BURRITO OR WHITE CHOCOLATE RASPBERRY SCONE OR PINK ICED DONUT MILK - JUICE - FRUIT</p>	<p>BLUEBERRY DONUT HOLES OR HAM AND CHEESE BREAKFAST BAGEL 15</p> <p>MILK - JUICE - FRUIT</p>	<p>CINNAMON FRENCH TOAST STICKS TOPPED WITH FRUIT OR EGG AND SAUSAGE BREAKFAST BURRITO 16</p> <p>MILK - JUICE - FRUIT</p>	<p>SAUSAGE AND GRAVY BREAKFAST PIZZA 17</p> <p>MILK - JUICE - FRUIT</p>
<p>NO SCHOOL 20</p>	<p>PANCAKES TOPPED WITH FRUIT OPTION OR JALAPENO POPPER 21</p> <p>MILK - JUICE - FRUIT</p>	<p>CHICKEN SAUSAGE AND WAFFLE SLIDER 22</p> <p>MILK - JUICE - FRUIT</p>	<p>WARM CINNAMON UBR ROUND BREAKFAST COOKIE OR EGG AND SAUSAGE BREAKFAST BURRITO 23</p> <p>MILK - JUICE - FRUIT</p>	<p>MAPLE FLAVORED TURKEY PANCAKE WRAPS 24</p> <p>MILK - JUICE - FRUIT</p>
<p>CHEESY EGGS WITH TATOR TOTS 27</p>	<p>YOGURT PARFAIT OR TURKEY AND CHEESE BISCUIT 28</p>	<p>MARCH 1</p> <p>ICED DONUT RING OR HAM AND CHEESE BREAKFAST BAGEL</p>	<p>MARCH 2</p> <p>CHILAQUILES STYLE BREAKFAST</p>	<p>MARCH 3</p> <p>BELGIUM WAFFLES WITH FRUIT TOPPING</p>