## THE WHOL E YOU

## Fruit and Milk Choices Available with All Entree Choices!

In addition to the breakfast entrees, a variety of Grab 'n Go options are available. Please see your schools' menu board for the most up-to-date menu and offerings.

Menu Subject to Change.



**BREAKFAST BURRITO** 

HARVEST OF MONTH	
Blueberry Benefits:	
1. Healthy Bones	
2. Healthful Skin	П
3. Reduces High Blood Pressure	
4. Diabetes Management	
5. Protecting Against Heart Ailments	l
6. Cancer Prevention	ı
7. Improves Mental Health	
8. Enables Healthy Digestion	
9. Hair Care	

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equal opportunity provider and employer.

OR

**SCRAMBLED EGG** 

AND CHEESE WRAP

FRUIT JUICE MILK

FRENCH TOAST STICKS

In accordance with Federal Law and U.S. Department of Agriculture policy, this institution

## SEPTEMBER 2024 - U-46 MIDDLE & HIGH SCHOOL MENU BREAKFAST

* 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
•	2	3	4	5	6
*	NO SCHOOL	FRENCH TOAST STICKS	EGG AND CHEESE	POWDERED	CHEESY EGGS
		WITH TOPPINGS	BREAKFAST BISCUIT	DONUT HOLES	WITH TATOR TOTS
		OR	OR	OR	OR
	CHO	GRAB 'N GO	ICED	FRESH BAKED	FOOTBALL
		ITEM	DONUT RING	CINNAMON ROLL	ICED DONUT
	LABOR DAY	FRUIT JUICE MILK	FRUIT JUICE MILK	FRUIT JUICE MILK	FRUIT JUICE MILK
	9	10	11	12	13
	<b>DUTCH WAFFLE</b>	FRUIT AND YOGURT	TURKEY SAUSAGE AND	CHOCOLATE CHIP	EGG AND CHEESE
	WITH TOPPINGS	PARFAIT	CHEESE BAGEL	LOAF BREAD	BREAKFAST TACOS
	OR	OR	OR	OR	OR
	SCRAMBLED EGG	BACON, EGG AND	ICED	FRESH BAKED	GRAB 'N GO
	AND CHEESE WRAP	CHEESE BISCUIT	DONUT RING	CINNAMON ROLL	ITEM
	FRUIT JUICE MILK	FRUIT JUICE MILK	FRUIT JUICE MILK	FRUIT JUICE MILK	FRUIT JUICE MILK
	16	17	18	19	20
	TURKEY SAUSAGE		EGG AND CHEESE	BANANA	SCRAMBLE EGG SKILLET
	PANCAKE WRAP	DONUTS	BREAKFAST BAGEL	BREAD	WITH POTATOES
	OR	OR	OR	OR	OR
	SCRAMBLED EGG	BACON, EGG AND	ICED	FRESH BAKED	GRAB 'N GO
	AND CHEESE WRAP	CHEESE BISCUIT	DONUT RING	CINNAMON ROLL	ITEM
	FRUIT JUICE MILK	FRUIT JUICE MILK	FRUIT JUICE MILK	FRUIT JUICE MILK	FRUIT JUICE MILK
	23	24	25	26	27
	BLUEBERRY BREAD	FRENCH TOAST STICKS	EGG AND CHEESE	POWDERED	CHEESY EGGS
	OR	WITH TOPPINGS	BREAKFAST BISCUIT	DONUT HOLES	WITH TATOR TOTS
	SCRAMBLED EGG	OR	OR	OR	OR
	AND CHEESE WRAP	BACON, EGG AND	ICED	FRESH BAKED	GRAB 'N GO
		CHEESE CROISSANT	DONUT RING	CINNAMON ROLL	ITEM
	FRUIT JUICE MILK	FRUIT JUICE MILK	FRUIT JUICE MILK	FRUIT JUICE MILK	FRUIT JUICE MILK
	30 DUTCH WAFFLE WITH TOPPINGS	Frank		1 411	SEST IN

**CHICAGO BEARS** 

**HOME OPENER** 

FRIDAY SEPTEMBER 6TH