



Food & Nutrition Services

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

CHOOSE at least 3 ITEMS

- GRAIN
- FRUIT
- MILK

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

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.

SEPTEMBER 2022

U-46 MIDDLE & HIGH SCHOOL BREAKFAST MENU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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| Find Allergen and Carbohydrate information at: https://www.u-46.org/Page/9190 |  |  | 1 SCRAMBLED EGG SKILLET WITH POTATOES, EGGS AND CHOICE OF TOPPINGS MILK - JUICE- FRUIT | 2 CHICKEN WAFFLE SLIDER SANDWICH MILK - JUICE- FRUIT |
| LABOR DAY 5  | 6 FRESH BAKED WARM CINNAMON ROLL served with choice of fruit MILK - JUICE- FRUIT | 7 BIG CEREAL BOWL OR TURKEY SAUSAGE PATTY WITH CHEESE ON A FRESH BAKED BISCUIT MILK - JUICE- FRUIT | 8 FRENCH TOAST STICKS served with choice of toppings and syrup MILK - JUICE- FRUIT | 9 EGG & CHEESE OMELET with whole grain English Muffin MILK - JUICE- FRUIT |
| 12 BREAKFAST STREET TACOS scrambled eggs, cheese, turkey sausage & salsa on 3 street size tortilla MILK - JUICE- FRUIT | 13 FRESH MADE YOGURT PARFAIT with fruit and granola OR BACON, EGG AND CHEESE ON A FRESH BAKED BISCUIT MILK - JUICE- FRUIT | 14 DONUT POPPABLES served with fruit OR TURKEY SAUSAGE PATTY WITH CHEESE ON A FRESH BAKED BISCUIT MILK - JUICE- FRUIT | 15 BELGIUM WAFFLES topped with choice of fruit or syrup MILK - JUICE- FRUIT | 16 HAM AND CHEESE BAGEL SANDWICHES MILK - JUICE- FRUIT |
| 19 BREAKFAST QUESADILLA with salsa & jalapeno slices MILK - JUICE- FRUIT | 20 PANCAKES with choice of toppings and syrup MILK - JUICE- FRUIT | 21 BACON WITH EGG AND CHEESE OMELET ON A FRESH BAKED BISCUIT MILK - JUICE- FRUIT | 22 SCRAMBLED EGG SKILLET BOWL WITH POTATOES, EGGS AND CHOICE OF TOPPINGS MILK - JUICE- FRUIT | 23 CHICKEN WAFFLE SLIDER SANDWICH MILK - JUICE- FRUIT |
| 26 GLAZED DONUT RING MILK - JUICE- FRUIT | 27 FRESH BAKED WARM CINNAMON ROLL served with choice of fruit MILK - JUICE- FRUIT | 28 BIG CEREAL BOWL OR TURKEY SAUSAGE PATTY WITH CHEESE ON A FRESH BAKED BISCUIT MILK - JUICE- FRUIT | 29 FRENCH TOAST STICKS served with choice of toppings and syrup MILK - JUICE- FRUIT | 30 EGG & CHEESE OMELET served with choice of toppings MILK - JUICE- FRUIT |