



# SEPTEMBER 2023 - U-46 MIDDLE & HIGH SCHOOL MENU BREAKFAST

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

**ILLINOIS HARVEST OF THE MONTH**  
Blueberry Benefits:

1. Healthy Bones
2. Healthful Skin
3. Reduces High Blood Pressure
4. Diabetes Management
5. Protecting Against Heart Ailments
6. Cancer Prevention
7. Improves Mental Health
8. Enables Healthy Digestion
9. Hair Care

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">28</p> <p>MAPLE FLAVORED TURKEY SAUSAGE PANCAKE WRAP</p> <p><i>FRUIT JUICE MILK</i></p>	<p style="text-align: right;">29</p> <p>FRESH BAKED APPLE STRUDEL OR <b>CHICKEN BREAKFAST SAUSAGE AND CHEESE BISCUIT</b></p> <p><i>FRUIT JUICE MILK</i></p>	<p style="text-align: right;">30</p> <p>HAM AND CHEESE BREAKFAST BAGEL SANDWICH</p> <p><i>FRUIT JUICE MILK</i></p>	<p style="text-align: right;">31</p> <p>BELGIUM WAFFLES TOPPED WITH CHOICE OF FRUIT WHIPPED TOPPING SYRUP</p> <p><i>FRUIT JUICE MILK</i></p>	<p style="text-align: right;">1</p> <p><b>BREAKFAST SAMPLER</b> EGGS, CHEESE BREAKFAST SAUSAGE AND TOAST</p> <p><i>FRUIT JUICE MILK</i></p>
<p style="text-align: center;">NO SCHOOL</p> <p style="text-align: center;">LABOR DAY</p>	<p style="text-align: right;">5</p> <p>DONUT HOLES OR <b>CHICKEN BREAKFAST SAUSAGE AND CHEESE BISCUIT</b></p> <p><i>FRUIT JUICE MILK</i></p>	<p style="text-align: right;">6</p> <p>BACON EGG CHEESE ON AN ENGLISH MUFFIN OR <b>CINNAMON CHURROS</b></p> <p><i>FRUIT JUICE MILK</i></p>	<p style="text-align: right;">7</p> <p>YOGURT PARFAIT OR <b>BREAKFAST BURRITO</b></p> <p><i>FRUIT JUICE MILK</i></p>	<p style="text-align: right;">8</p> <p><b>BREAKFAST SAMPLER</b> EGGS, CHEESE BREAKFAST SAUSAGE AND TOAST</p> <p><i>FRUIT JUICE MILK</i></p>
<p style="text-align: right;">11</p> <p>PANCAKES TOPPED WITH BERRIES AND WHIPPED TOPPING SYRUP</p>	<p style="text-align: right;">12</p> <p>FRESH BAKED CINNAMON ROLL OR <b>CHICKEN BREAKFAST SAUSAGE AND CHEESE BISCUIT</b></p> <p><i>FRUIT JUICE MILK</i></p>	<p style="text-align: right;">13</p> <p>CHICKEN BREAKFAST SANDWICH OR <b>CINNAMON CHURROS</b></p> <p><i>FRUIT JUICE MILK</i></p>	<p style="text-align: right;">14</p> <p>FRENCH TOAST STICKS WITH BERRIES AND WHIPPED TOPPING SYRUP</p> <p><i>FRUIT JUICE MILK</i></p>	<p style="text-align: right;">15</p> <p><b>BREAKFAST SKILLET</b> EGGS, CHEESE BREAKFAST SAUSAGE AND TOAST</p> <p><i>FRUIT JUICE MILK</i></p>
<p style="text-align: right;">18</p> <p>MAPLE FLAVORED TURKEY SAUSAGE PANCAKE WRAP</p> <p><i>FRUIT JUICE MILK</i></p>	<p style="text-align: right;">19</p> <p>FRESH BAKED APPLE STRUDEL OR <b>CHICKEN BREAKFAST SAUSAGE AND CHEESE BISCUIT</b></p> <p><i>FRUIT JUICE MILK</i></p>	<p style="text-align: right;">20</p> <p>HAM AND CHEESE BREAKFAST BAGEL SANDWICH OR <b>CINNAMON CHURROS</b></p> <p><i>FRUIT JUICE MILK</i></p>	<p style="text-align: right;">21</p> <p>WAFFLES TOPPED WITH CHOICE OF FRUIT WHIPPED TOPPING SYRUP</p> <p><i>FRUIT JUICE MILK</i></p>	<p style="text-align: right;">22</p> <p><b>BREAKFAST SAMPLER</b> EGGS, CHEESE BREAKFAST SAUSAGE AND TOAST</p> <p><i>FRUIT JUICE MILK</i></p>
<p style="text-align: right;">25</p> <p>BIG BOWL CEREAL OR <b>HAM AND CHEESE BAGEL</b></p> <p><i>FRUIT JUICE MILK</i></p>	<p style="text-align: right;">26</p> <p>DONUT HOLES OR <b>CHICKEN BREAKFAST SAUSAGE AND CHEESE BISCUIT</b></p> <p><i>FRUIT JUICE MILK</i></p>	<p style="text-align: right;">27</p> <p>BACON EGG CHEESE ON AN ENGLISH MUFFIN OR <b>CINNAMON CHURROS</b></p> <p><i>FRUIT JUICE MILK</i></p>	<p style="text-align: right;">28</p> <p>YOGURT PARFAIT OR <b>BREAKFAST BURRITO</b></p> <p><i>FRUIT JUICE MILK</i></p>	<p style="text-align: right;">29</p> <p><b>BREAKFAST SAMPLER</b> EGG, CHEESE BREAKFAST SAUSAGE AND TOAST</p> <p><i>FRUIT JUICE MILK</i></p>