



Food & Nutrition Services

# JANUARY 2023

## U-46 MIDDLE & HIGH SCHOOL BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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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.

<p>9</p> <p>FRENCH TOAST BITES WITH FRUIT AND WHIPPED TOPPING</p> <p>MILK - JUICE- FRUIT</p>	<p>10</p> <p>CHEESY SCRAMBLED EGGS WITH POTATOES AND A PANCAKE</p> <p>MILK - JUICE- FRUIT</p>	<p>11</p> <p>YOGURT PARFAIT WITH FRUIT OR TURKEY SAUSAGE AND CHEESE BISCUIT</p> <p>MILK - JUICE- FRUIT</p>	<p>12</p> <p>PEPPER AND EGG BREAKFAST SANDWICH OR PANCAKES AND MAPLE SYRUP</p> <p>MILK - JUICE- FRUIT</p>	<p>13</p> <p>ICED DONUT RING OR HAM AND CHEESE BREAKFAST BAGEL</p> <p>MILK - JUICE- FRUIT</p>
<p>16</p> <p>NO SCHOOL</p> <p>I HAVE A DREAM <b>MARTIN LUTHER KING JR. DAY</b></p>	<p>17</p> <p>CHEESY SCRAMBLED EGGS WITH POTATOES AND A PANCAKE</p> <p>MILK - JUICE- FRUIT</p>	<p>18</p> <p>MAPLE FLAVORED TURKEY SAUSAGE PANCAKE WRAPS</p> <p>MILK - JUICE- FRUIT</p>	<p>19</p> <p>HAM AND CHEESE TOASTED ENGLISH MUFFIN</p> <p>MILK - JUICE- FRUIT</p>	<p>20</p> <p>BREAKFAST STREET TACOS WITH SCRAMBLED EGGS CHEESE AND TURKEY SAUSAGE &amp; SALSA ON 3 STREET SIZED TORTILLAS</p> <p>MILK - JUICE- FRUIT</p>
<p>23</p> <p>SAUSAGE &amp; GRAVY BREAKFAST PIZZA</p> <p>MILK - JUICE- FRUIT</p>	<p>24</p> <p>GLAZED CINNAMON ROLL WITH FRUIT OR BACON, EGG AND CHEESE ENGLISH MUFFIN</p> <p>MILK - JUICE- FRUIT</p>	<p>25</p> <p>WAFFLES WITH CHOICE OF FRUIT AND WHIPPED TOPPING OR TURKEY SAUSAGE AND CHEESE BISCUIT</p> <p>MILK - JUICE- FRUIT</p>	<p>26</p> <p>HAM AND CHEESE BREAKFAST WRAP</p> <p>MILK - JUICE- FRUIT</p>	<p>27</p> <p>NO SCHOOL</p> <p>INSTITUTE DAY</p>
<p>30</p> <p>FRENCH TOAST BITES WITH FRUIT AND WHIPPED TOPPING</p>	<p>31</p> <p>CHEESY SCRAMBLED EGGS WITH POTATOES AND A PANCAKE</p>	<p>1</p> <p>YOGURT PARFAIT WITH FRUIT OR TURKEY SAUSAGE AND CHEESE BISCUIT</p>	<p>2</p> <p>PEPPER AND EGG BREAKFAST SANDWICH OR PANCAKES WITH MAPLE SYRUP</p>	<p>3</p> <p>GLAZED DONUT RING OR HAM AND CHEESE BREAKFAST BAGEL</p>