



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.



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AUGUST 2023 - U-46 MIDDLE & HIGH SCHOOL MENU

BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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Breakfast at School

Start Your Day the Healthy Way

Fresh Fruit Whole Grains Wholesome Milk More Variety



 YOUR DAY WITH BREAKFAST	<p>7</p> <p>Many studies have linked eating breakfast to good health, including better memory and concentration, lower levels of "bad" LDL cholesterol, and lower chances of getting diabetes, heart disease, and being overweight.</p>	 <p>10</p>	<p>DID YOU KNOW? The word 'breakfast' was derived from the verb 'break' and the noun 'fast'. When one ate on awaking in the morning this was an act of breaking the fast which occurred during the period of many hours of sleep.</p> <p>1</p>
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 <p>14</p>	<p>15</p> <p>DONUT HOLES OR CHICKEN BREAKFAST SAUSAGE AND CHEESE BISCUIT</p> <p><i>FRUIT JUICE MILK</i></p>	<p>16</p> <p>FRESH BAKED BACON, EGG AND CHEESE BREAKFAST BISCUIT</p> <p><i>FRUIT JUICE MILK</i></p>	<p>17</p> <p>YOGURT PARFAIT OR BREADED CHICKEN BREAKFAST SANDWICH</p> <p><i>FRUIT JUICE MILK</i></p>	<p>18</p> <p>BREAKFAST SAMPLER EGG, CHEESE BREAKFAST SAUSAGE AND TOAST</p> <p><i>FRUIT JUICE MILK</i></p>
<p>21</p> <p>PANCAKES TOPPED WITH CHOICE OF FRUIT WHIPPED TOPPING SYRUP</p> <p><i>FRUIT JUICE MILK</i></p>	<p>22</p> <p>FRESH BAKED CINNAMON ROLL OR CHICKEN BREAKFAST SAUSAGE AND CHEESE BISCUIT</p> <p><i>FRUIT JUICE MILK</i></p>	<p>23</p> <p>BREADED CHICKEN BREAKFAST SANDWICH</p> <p><i>FRUIT JUICE MILK</i></p>	<p>24</p> <p>FRENCH TOAST WITH SYRUP</p> <p><i>FRUIT JUICE MILK</i></p>	<p>25</p> <p>BREAKFAST SKILLET EGGS, CHEESE BREAKFAST SAUSAGE AND TOAST</p> <p><i>FRUIT JUICE MILK</i></p>
<p>28</p> <p>MAPLE FLAVORED TURKEY SAUSAGE PANCAKE WRAP</p> <p><i>FRUIT JUICE MILK</i></p>	<p>29</p> <p>FRESH BAKED FRUIT STRUDEL OR CHICKEN BREAKFAST SAUSAGE AND CHEESE BISCUIT</p> <p><i>FRUIT JUICE MILK</i></p>	<p>30</p> <p>HAM AND CHEESE BREAKFAST BAGEL SANDWICH</p> <p><i>FRUIT JUICE MILK</i></p>	<p>31</p> <p>BELGIUM WAFFLES TOPPED WITH CHOICE OF FRUIT WHIPPED TOPPING SYRUP</p> <p><i>FRUIT JUICE MILK</i></p>	<p>1</p> <p>BREAKFAST SAMPLER EGGS, CHEESE BREAKFAST SAUSAGE AND TOAST</p> <p><i>FRUIT JUICE MILK</i></p>

