

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<sup>2</sup> PANCAKES TOPPED WITH BERRIES AND WHIPPED TOPPING SYRUP	<sup>3</sup> FRESH BAKED CINNAMON ROLL  OR <b>SAUSAGE AND CHEESE BISCUIT</b> <i>FRUIT JUICE MILK</i>	<sup>4</sup> BREADED CHICKEN BREAKFAST SANDWICH  OR <b>CINNAMON CHURROS</b> <i>FRUIT JUICE MILK</i>	<sup>5</sup> FRENCH TOAST STICKS WITH BERRIES AND WHIPPED TOPPING  OR <b>EGG AND CHEESE ENGLISH MUFFIN</b> <i>FRUIT JUICE MILK</i>	<sup>6</sup> <i>BREAKFAST SKILLET EGGS, CHEESE SAUSAGE AND TOAST</i>  OR <b>MAPLE SWIRL DONUT HOLES</b> <i>FRUIT JUICE MILK</i>
NO SCHOOL <sup>9</sup>  COLUMBUS DAY	<sup>10</sup> FRESH BAKED APPLE STRUDEL  <b>SAUSAGE AND CHEESE BISCUIT</b> <i>FRUIT JUICE MILK</i>	<sup>11</sup> PSAT TESTING HAM AND CHEESE BREAKFAST BAGEL  <b>ICED DONUT</b> <i>FRUIT JUICE MILK</i>	<sup>12</sup> WAFFLES WITH TOPPINGS  <b>EGG AND CHEESE ENGLISH MUFFIN</b> <i>FRUIT JUICE MILK</i>	<sup>13</sup> BREAKFAST SAMPLER <i>EGGS, CHEESE SAUSAGE AND PANCAKE</i>  <b>MAPLE SWIRL DONUT HOLES</b> <i>FRUIT JUICE MILK</i>
<b>COME TO LUNCH FOR NATIONAL SCHOOL LUNCH WEEK AND "LEVEL UP" YOUR LUNCH WITH MARIO AND LUIGI</b>				
<sup>16</sup> BIG BOWL CEREAL OR <b>ICED DONUT</b> OR <b>HAM AND CHEESE BAGEL</b> <i>FRUIT JUICE MILK</i>	<sup>17</sup> SUGARED DONUT HOLES OR <b>SAUSAGE AND CHEESE BISCUIT</b> <i>FRUIT JUICE MILK</i>	<sup>18</sup> BACON EGG AND CHEESE ON AN ENGLISH MUFFIN OR <b>VANILLA ICED DONUT</b> <i>FRUIT JUICE MILK</i>	<sup>19</sup> FRUIT AND YOGURT PARFAIT OR <b>FRESH BAKED CINNAMON ROLL</b> <i>FRUIT JUICE MILK</i>	<sup>20</sup> NO SCHOOL 
<sup>23</sup> PANCAKES TOPPED WITH BERRIES AND WHIPPED TOPPING SYRUP  <i>FRUIT JUICE MILK</i>	<sup>24</sup> FRESH BAKED CINNAMON ROLL OR <b>SAUSAGE AND CHEESE BISCUIT</b> <i>FRUIT JUICE MILK</i>	<sup>25</sup> BREADED CHICKEN BREAKFAST SANDWICH OR <b>VANILLA ICED DONUT</b> <i>FRUIT JUICE MILK</i>	<sup>26</sup> FRENCH TOAST STICKS WITH BERRIES AND WHIPPED TOPPING OR <b>EGG BACON CHEESE ENGLISH MUFFIN</b> <i>FRUIT JUICE MILK</i>	<sup>27</sup> <i>BREAKFAST SKILLET EGGS, CHEESE SAUSAGE AND TOAST</i>  OR <b>MAPLE SWIRL DONUT HOLES</b> <i>FRUIT JUICE MILK</i>
<sup>30</sup> <b>MAPLE FLAVORED TURKEY SAUSAGE PANCAKE WRAP</b>  <i>FRUIT JUICE MILK</i>	<sup>31</sup> <b>HALLOWEEN APPLE STRUDEL</b> OR <b>SCARY ICED DONUT</b> OR <b>SAUSAGE AND CHEESE BISCUIT</b> <i>FRUIT JUICE MILK</i>	<b>NOVEMBER 1</b> <b>HAM AND CHEESE BREAKFAST BAGEL SANDWICH</b> OR <b>FRESH BAKED CINNAMON ROLL</b> <i>FRUIT JUICE MILK</i>	<b>NOVEMBER 2</b> <b>WAFFLES WITH BERRIES AND WHIPPED TOPPING</b> OR <b>EGG BACON CHEESE ENGLISH MUFFIN</b> <i>FRUIT JUICE MILK</i>	<b>NOVEMBER 3</b> <i>BREAKFAST SAMPLER EGGS, CHEESE SAUSAGE AND PANCAKE</i>  OR <b>MAPLE SWIRL DONUT HOLES</b> <i>FRUIT JUICE MILK</i>