



Food & Nutrition Services

NOVEMBER 2022 U-46 MIDDLE & HIGH SCHOOL BREAKFAST MENU

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>CHICKEN WAFFLE SLIDER ³¹</p> <p>MILK - JUICE- FRUIT</p>	<p>CHEESY SCRAMBLED EGGS WITH POTATOES AND TOAST ¹</p> <p>MILK - JUICE- FRUIT</p>	<p>MAPLE FLAVORED TURKEY PANCAKE WRAPS ²</p> <p>OR</p> <p>TURKEY SAUSAGE AND CHEESE BISCUIT</p> <p>MILK - JUICE- FRUIT</p>	<p>HAM AND CHEESE ON AN ENGLISH MUFFIN ³</p> <p>MILK - JUICE- FRUIT</p>	<p>EGG, BACON AND CHEESE CROISSANT ⁴</p> <p>MILK - JUICE- FRUIT</p>
<p>SAUSAGE AND GRAVY PIZZA ⁷</p> <p>MILK - JUICE- FRUIT</p>	<p>ELECTION DAY ⁸</p> 	<p>WAFFLES WITH CHOICE OF FRUIT AND WHIPPED TOPPING OR ⁹</p> <p>MILK - JUICE- FRUIT</p>	<p>TURKEY HAM AND CHEESE BREAKFAST BURRITO ¹⁰</p> <p>MILK - JUICE- FRUIT</p>	<p>EGG, BACON AND CHEESE CROISSANT ¹¹</p> <p>MILK - JUICE- FRUIT</p>
<p>FRENCH TOAST WITH TOPPING AND MAPLE SYRUP ¹⁴</p> <p>MILK - JUICE- FRUIT</p>	<p>CHEESY EGGS WITH TATOR TOTS AND TOAST OR ¹⁵</p> <p>MILK - JUICE- FRUIT</p>	<p>YOGURT PARFAIT ¹⁶</p> <p>TURKEY SAUSAGE AND CHEESE BISCUIT</p> <p>MILK - JUICE- FRUIT</p>	<p>PEPPER AND EGG BREAKFAST SANDWICH ¹⁷</p> <p>MILK - JUICE- FRUIT</p>	<p>GLAZED DONUT RING ¹⁸</p> <p>EGG, BACON AND CHEESE CROISSANT</p> <p>MILK - JUICE- FRUIT</p>
<p>CHICKEN WAFFLE SLIDER ²¹</p> <p>MILK - JUICE- FRUIT</p>	<p>CHEESY EGGS with TATOR TOTS AND TOAST ²²</p> <p>MILK - JUICE- FRUIT</p>			
<p>SAUSAGE AND GRAVY PIZZA ²⁸</p>	<p>CHEESY EGGS WITH TATOR TOTS AND TOAST ²⁹</p>	<p>WAFFLES WITH CHOICE OF FRUIT AND WHIPPED TOPPING ³⁰</p>	<p>HAM AND CHEESE BREAKFAST BURRITO ¹</p>	<p>YOGURT PARFAIT WITH FRUIT ²</p> <p>EGG, BACON AND CHEESE CROISSANT</p>