



Food & Nutrition Services

APRIL 2023

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

GRAIN

FRUIT

CHOOSE
at least

3
ITEMS

MILK

Choose from the four offered. One must be 1/2 cup of fruit (or vegetable).

NO TRANS FAT
NO PARTIAL HYDROGENATED OILS
NO HIGH FRUCTOSYL CORN SYRUP

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

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>3</p> <p>WARM CINNAMON ROLL OR CHEESY EGGS WITH POTATOES MILK - JUICE - FRUIT</p>	<p>4</p> <p>NO SCHOOL VOTING DAY</p> <p>NO SCHOOL</p>	<p>5</p> <p>BLUEBERRY DONUT HOLES OR EGG TURKEY BACON & AND CHEESE SLIDER MILK - JUICE - FRUIT</p>	<p>6</p> <p>CINNAMON FRENCH TOAST STICKS OR HAM & CHEESE BREAKFAST BAGEL MILK - JUICE - FRUIT</p>	<p>7</p> <p>NO SCHOOL SPRING HOLIDAY</p> <p>NO SCHOOL</p>
<p>10</p> <p>CHEESY EGGS WITH POTATOES MILK - JUICE- FRUIT</p>	<p>11</p> <p>PANCAKES TOPPED WITH FRUIT AND WHIPPED TOPPING OR TURKEY SAUSAGE AND EGG BURRITO MILK - JUICE - FRUIT</p>	<p>12</p> <p>TESTING DAY BF TURKEY BREAKFAST SAUSAGE AND CHEESE SLIDER OR GRAB 'N GO SELECTIONS MILK - JUICE- FRUIT</p>	<p>13</p> <p>WARM CINNAMON UBR ROUND BREAKFAST COOKIE OR HAM & CHEESE BREAKFAST BAGEL MILK - JUICE- FRUIT</p>	<p>14</p> <p>PANCAKE AND CHICKEN BREAKFAST SAUSAGE MILK - JUICE- FRUIT</p>
<p>17</p> <p>CHEESY EGGS WITH POTATOES MILK - JUICE- FRUIT</p>	<p>18</p> <p>YOGURT PARFAIT WITH FRUIT OR TURKEY SAUSAGE AND EGG BREAKFAST BURRITO MILK - JUICE- FRUIT</p>	<p>19</p> <p>ICED RING DONUT OR EGG TURKEY BACON & AND CHEESE SLIDER MILK - JUICE- FRUIT</p>	<p>20</p> <p>CHILAQUILES-STYLE BREAKFAST NACHOS MILK - JUICE- FRUIT</p>	<p>21</p> <p>CINNAMON FRENCH TOAST STICKS OR HAM & CHEESE BREAKFAST BAGEL MILK - JUICE- FRUIT</p>
<p>24</p> <p>WARM CINNAMON ROLL OR CHEESY EGGS WITH POTATOES MILK - JUICE- FRUIT</p>	<p>25</p> <p>TURKEY SAUSAGE AND EGG BREAKFAST BURRITO MILK - JUICE- FRUIT</p>	<p>26</p> <p>BLUEBERRY DONUT HOLES OR EGG TURKEY BACON & AND CHEESE SLIDER MILK - JUICE- FRUIT</p>	<p>27</p> <p>CINNAMON FRENCH TOAST STICKS OR HAM & CHEESE BREAKFAST BAGEL MILK - JUICE- FRUIT</p>	<p>28</p> <p>SAUSAGE AND GRAVY BREAKFAST PIZZA OR MILK - JUICE - FRUIT</p>
<p>1</p> <p>CHEESY EGGS WITH POTATOES</p>	<p>2</p> <p>PANCAKES TOPPED WITH FRUIT AND WHIPPED TOPPING OR TURKEY SAUSAGE AND EGG BREAKFAST BURRITO</p>	<p>3</p> <p>CHICKEN BREAKFAST SAUSAGE SLIDER</p>	<p>4</p> <p>WARM CINNAMON UBR ROUND BREAKFAST COOKIE OR HAM & CHEESE BREAKFAST BAGEL</p>	<p>5</p> <p>NO SCHOOL</p>