



Food & Nutrition Services

# MARCH 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**

**CHOOSE at least**

**3 ITEMS**

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

MENU SUBJECT TO CHANGE.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>CHEESY EGGS WITH POTATOES <sup>27</sup></p> <p>MILK - JUICE - FRUIT</p>	<p>YOGURT PARFAIT WITH FRUIT OR TURKEY SAUSAGE AND EGG BREAKFAST BURRITO <sup>28</sup></p> <p>MILK - JUICE - FRUIT</p>	<p>ICED DONUT <sup>1</sup></p> <p>OR CHICKEN SAUSAGE &amp; AND CHEESE SLIDER</p> <p>MILK - JUICE - FRUIT</p>	<p>CHILAQUILES-STYLE BREAKFAST NACHOS <sup>2</sup></p> <p>MILK - JUICE - FRUIT</p>	<p>NO SCHOOL <sup>3</sup></p>  <p>INSTITUTE DAY</p>
<b>NATIONAL SCHOOL BREAKFAST WEEK MARCH 6 - 10 "Dig Into School Breakfast"</b>				
<p><b>DIG INTO</b> <sup>6</sup></p>  <p>CINNAMON ROLL OR CHEESY EGGS AND POTATO BOWL</p> <p>MILK - JUICE - FRUIT</p>	<p><b>DIG INTO</b> <sup>7</sup></p>  <p>A TURKEY SAUSAGE AND EGG BURRITO OR "Dig Into" A Fresh Fruit Smoothie</p> <p>MILK - JUICE - FRUIT</p>	<p><b>DIG INTO</b> <sup>8</sup></p>  <p>BLUEBERRY (Donut Holes) "Wrecking Balls" OR A CHICKEN SAUSAGE &amp; AND CHEESE BISCUIT</p> <p>MILK - JUICE - FRUIT</p>	<p><b>DIG INTO</b> <sup>9</sup></p>  <p>CINNAMON FRENCH TOAST STICKS OR HAM &amp; CHEESE BAGEL</p> <p>MILK - JUICE - FRUIT</p>	<p><b>DIG INTO</b> <sup>10</sup></p>  <p>SAUSAGE &amp; GRAVY PIZZA OR BANANA SPLIT YOGURT PARFAIT</p> <p>MILK - JUICE - FRUIT</p>
<p>CHEESY EGGS WITH POTATOES <sup>13</sup></p> <p>MILK - JUICE - FRUIT</p>	<p>PANCAKES TOPPED WITH FRUIT AND WHIPPED TOPPING OR TURKEY SAUSAGE AND EGG BREAKFAST BURRITO <sup>14</sup></p> <p>MILK - JUICE - FRUIT</p>	<p>CHICKEN SAUSAGE &amp; WAFFLE SLIDER <sup>15</sup></p> <p>MILK - JUICE - FRUIT</p>	<p>WARM CINNAMON UBR ROUND OR HAM AND CHEESE BREAKFAST BAGEL <sup>16</sup></p> <p>MILK - JUICE - FRUIT</p>	<p><b>ST PAT'S DAY</b> <sup>17</sup></p>  <p>MAPLE FLAVORED TURKEY PANCAKE WRAPS OR HOLIDAY ICED DONUT</p>  <p>MILK - JUICE - FRUIT</p>
<p>CHEESY EGGS WITH POTATOES <sup>20</sup></p>	<p>YOGURT PARFAIT OR TURKEY SAUSAGE AND EGG BREAKFAST BURRITO <sup>21</sup></p> <p>MILK - JUICE - FRUIT</p>	<p>ICED DONUT <sup>22</sup></p> <p>CHICKEN SAUSAGE &amp; AND CHEESE SLIDER</p> <p>MILK - JUICE - FRUIT</p>	<p>CHILAQUILES-STYLE BREAKFAST NACHOS <sup>23</sup></p> <p>MILK - JUICE - FRUIT</p>	<p>FRENCH TOAST STICKS OR HAM AND CHEESE BREAKFAST BAGEL <sup>24</sup></p> <p>MILK - JUICE - FRUIT</p>



**DIG IN TO SCHOOL BREAKFAST**

**MARCH 6-10**