



OCTOBER 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

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

GRAIN

FRUIT

MILK

NO SCHOOL

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
3 BREAKFAST STREET TACOS Scrambled Eggs, Cheese, Turkey Sausage & Salsa on 3 Street Size Tacos MILK - JUICE- FRUIT	4 DONUT POPPABLES with Fruit and Whipped Topping OR BACON, EGG AND CHEESE ENGLISH MUFFIN MILK - JUICE- FRUIT	5 YOGURT PARFAIT with Fruit & Crackers OR TURKEY SAUSAGE AND CHEESE BISCUIT MILK - JUICE- FRUIT	6 BELGIUM WAFFLES Topped with Choice of Fruit Option for Syrup MILK - JUICE- FRUIT	7 HAM AND CHEESE BREAKFAST BAGEL SANDWICH MILK - JUICE- FRUIT
10 COLUMBUS DAY 	11 MINI PANCAKES with Fruit Syrup and Whipped Topping MILK - JUICE- FRUIT	12 FRESH MADE BISCUIT BREAKFAST SANDWICH OR TURKEY SAUSAGE AND CHEESE BISCUIT MILK - JUICE- FRUIT	13 SCRAMBLED EGG SKILLET with Potatoes, Eggs and Choice of Mix-Ins MILK - JUICE- FRUIT	14 HAM AND CHEESE BREAKFAST IN AN ENGLISH MUFFIN MILK - JUICE- FRUIT
17 SAUSAGE AND GRAVY BREAKFAST PIZZA MILK - JUICE- FRUIT	18 GLAZED CINNAMON ROLL OR BACON, EGG AND CHEESE ENGLISH MUFFIN MILK - JUICE- FRUIT	19 BELGIUM WAFFLES Topped with Choice of Fruit Option for Syrup MILK - JUICE- FRUIT	20 BREAKFAST BURRITO with Ham and Cheese MILK - JUICE- FRUIT	21 INSTITUTE DAY 
24 FRENCH TOAST BITES Served with Fruit and Syrup MILK - JUICE- FRUIT	25 CHEESY EGGS with TATOR TOTS AND TOAST MILK - JUICE- FRUIT	26 YOGURT PARFAIT with Fruit and Crackers OR TURKEY SAUSAGE AND CHEESE BISCUIT MILK - JUICE- FRUIT	27 PEPPER AND EGG BREAKFAST SANDWICH Served with Choice of Toppings MILK - JUICE- FRUIT	28 GLAZED DONUT RING OR HAM AND CHEESE BREAKFAST BAGEL SANDWICH MILK - JUICE- FRUIT
31 TURKEY SAUSAGE AND CHEESE BISCUIT MILK - JUICE- FRUIT	1 SCRAMBLED EGG SKILLET with Potatoes, Eggs & Choice of Mix-Ins MILK - JUICE- FRUIT	2 MAPLE FLAVORED TURKEY PANCAKE WRAPS with Syrup MILK - JUICE- FRUIT	3 TOASTED ENGLISH MUFFIN with Choice of Honey, Peanut Butter or Jelly OR HAM AND CHEESE ENGLISH MUFFIN MILK - JUICE- FRUIT	4 BREAKFAST STREET TACOS Scrambled Eggs, Cheese, Turkey Sausage & Salsa on 3 Street Size Tacos MILK - JUICE- FRUIT

