




September 2022

U-46 MIDDLE & HIGH SCHOOL BREAKFAST MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fruit and milk choice available with all entree choices.	 <div style="border: 1px solid black; padding: 2px; font-size: small;"> GET THE FACTS: EGGS Eggs are packed with LUTEIN, which is your brain and eyes best friend </div>	Find Allergen and Carbohydrate Information at: https://www.u-46.org/Page/9190	Menu Questions? Contact Christine Cliff, U-46 District Dietitian, at ChristineCliff@u-46.org or (847) 888-5000 x5034	1 Scrambled Egg Skillet Bowl filled with potatoes, eggs & choice of mix-ins	2 Chicken Waffle Slider Sandwich
	5	6	7	8	9
In addition to the breakfast entrees, a variety of grab and go options are available. Please see your school's menu board for the most up-to-date menu and offerings.	LABOR DAY NO SCHOOL	Warm Cinnamon Bun served with choice of fruit	Big Cereal Bowl served with toppings: sliced bananas, craisins, blueberries & more!	French Toast Sticks with choice of toppings and syrup	Egg & Cheese Omelet w/ English Muffin served with choice of toppings
	12	13	14	15	16
	Breakfast Street Tacos scrambled eggs, cheese, turkey sausage & salsa on 3 street size tortillas	Yogurt Parfait with Fruit & Granola	Donut Poppables Served with Fruit & Whipped Topping	Belgium Waffles Topped with Choice of Fruit Option for Whipped Topping or Syrup	Handheld Breakfast Bagel Sandwiches
Menu subject to change.	19	20	21	22	23
You need take a FULL serving of fruit and/or vegetables to make your meal complete	Breakfast Quesadilla with salsa & jalepeno slices	Pancakes with choice of toppings and syrup	Freshmade Biscuit Breakfast Sandwich	Scrambled Egg Skillet Bowl filled with potatoes, eggs & choice of mix-ins	Chicken Waffle Slider Sandwich
	26	27	28	29	30
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