

Middle/High School Breakfast Menu

Revised 8/15/23

***Menu Subject to Change**



Questions:
Contact Daniella Beci, U-46 Assistant
Director, at daniellabeci@u-46.org or (847)
888 5000 x4170

September 2023

Monday	Tuesday	Wednesday	Thursday	Friday
Choice of Fruit and 1% Plain & Fat-Free Flavored Milk available with all entrees.				1 Breakfast Sampler (Scrambled egg, cheese, turkey sausage with pancake)
4 NO SCHOOL	5 Donut Holes	6 Biscuit Breakfast Sandwich	7 Yogurt Parfait	8 Egg & Cheese Omelet
11 Pancakes (Topped with choice of fruit; option for whipped topping or syrup)	12 Warm Cinnamon Bun	13 Chicken Biscuit Sandwich	14 French Toast Sticks or Bites	15 Scrambled Egg Skillet Bowl
18 Maple Flavored Turkey Pancake Wrap	19 Fruit Strudel	20 Breakfast Bagel Sandwich	21 Belgium Waffles (Topped with choice of fruit; option for whipped topping or syrup)	22 Breakfast Sampler (Scrambled egg, cheese, turkey sausage with pancake)
25 Big Bowl Cereal	26 Donut Holes	27 Biscuit Breakfast Sandwich	28 Yogurt Parfait	29 Egg & Cheese Omelet

In addition to main breakfast entrees, Grab & Go, cereal, cereal bars, and frudels ect. may be available.

Check your school's menu board for current daily options

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Lunch Menu

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September 2023

Monday	Tuesday	Wednesday	Thursday	Friday
Choice of Fruit, Vegetable, and 1% Plain & Fat-Free Flavored Milk available with all entrees.				1 Beef Hot Dog OR Garlic French Bread Pizza
4 NO SCHOOL	5 Boom Boom Chicken OR Black Bean Burger	6 Mac & Cheese w/ choice of meat, beans, fresh toppings	7 BBQ Rib Patty OR Italian Cheese Pull-apart Bread	8 Popcorn Chicken w/ choice of sauce OR Garlic Parmesan Bosco Sticks
11 Spicy Chicken Sandwich OR Quesadillas	12 Cheese or Pepperoni Pizza	13 Hamburger on a Bun OR Grilled Cheese	14 Street Tacos OR Loaded Nachos w/ choice of toppings	15 Mini Corn Dogs OR Mozzarella Sticks w/ Marinara
18 Philly Cheesesteak OR Tony's Pizza	19 Chicken Tenders OR Plant Based Nuggets w/ cheese and a grain	20 Meat Lovers Calzones OR Mini-Cheese Calzones w/ Marinara	21 Orange Chicken w/ choice of Rice OR Jumbo Pretzel w/ Cheese	22 Beef Hot Dog OR Garlic French Bread Pizza
25 Lasagna Roll-Up w/ Marinara & Garlic Breadstick OR Pizza Crunchers	26 Boom Boom Chicken OR Black Bean Burger	27 Mac & Cheese w/ choice of meat, beans, fresh toppings	28 BBQ Rib Patty OR Italian Cheese Pull-apart Bread	29 Popcorn Chicken w/ choice of sauce OR Garlic Parmesan Bosco Sticks

In addition to hot entrees, Grab & Go, PB&J's and Salads, Chicken Tenders or Chicken Patties, Pizza, Mini-Corndogs, Jumbo Pretzels w/ Cheese, or Bosco Sticks w/ Marinara ect. may be available.

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