

BREAKFAST & LUNCH MENU: 06/02/25 - 07/02/25					Updated: 06/28/25	Questions? Please contact U-46 Food & Nutrition Services Registered Dietitian, Judy Naughton at Judith.Naughton@u-46.org or 847-888-5000 ext. 5034			
Red Font= change from originally planned menu					*Menus are subject to change*				
Date Menued	Menued Entree Items	Breakdown of Menued Item(s)	Portion Size	Crediting	Common Allergens and Other Ingredients of Concern	Carbohydrates (g)	Sodium (mg)	Calories	Saturated fat (%)
06/02/25, 06/16/25, 06/30/25	Bosco Sticks	Bosco Sticks	122g	2 M/MA, 2 G/B	Wheat, Gluten, Milk	34	440	300	26
		Marinara Sauce	2.5 Oz		Soybean Oil	7	200	40	0
06/03/25, 06/17/25, 07/01/25	Grilled Cheese	Grilled Cheese	4.19 oz	2 M/MA, 2 G/B	Wheat, Milk, Soy, Gluten	34	551	320	30
06/04/25, 06/18/25	Beef Hamburger	Beef Patty	3 oz	2.75 M/MA	None Noted	0	290	230	26
		Hamburger Bun	2 oz	2 G/B	Wheat, Gluten	28	260	150	0
06/05/25	Chicken Patty	Chicken Patty	3 oz	2 M/MA, 1 G/B	Wheat, Gluten, Soy	16	440	240	18
		Hamburger Bun	2 oz	2 G/B	Wheat, Gluten	28	260	150	0
06/06/25, 06/13/25, 06/20/25, 06/27/25, 07/02/25,	Cheese Pizza	Cheese Pizza	126g	2 M/MA, 2 G/B	Milk, Wheat, Gluten, Soy	28	410	280	28
06/09/25, 06/23/25	Pizza Crunchers	Pizza Crunchers	161g	2 M/MA, 2.5 G/B	Milk, Wheat, Gluten, Soy	42	780	430	40
06/10/25, 06/24/25	Beef Hot Dog	Beef Hot Dog	2 oz	2 M/MA	None Noted	1	460	170	30
		Hot Dog Bun	2 oz	2 G/B	Wheat, Gluten	28	270	150	0
06/11/25, 06/25/25	Beef Burger Sliders	Beef Burger Sliders	4.35 oz	2 M/MA, 2 G/B	Wheat, Gluten, Milk, Soy	28	534	316	15
06/02/25, 06/16/25, 06/30/25	Apple Cinnamon Pancake Bites	Apple Cinnamon Pancake Bites	68g	2 G/B	Cinnamon, Egg, Milk, Soy, Wheat	29	290	240	5
06/03/25, 06/17/25, 07/01/25	Blueberry Bread + Yogurt	Blueberry Bread	96 g	2 G/B	Wheat, Milk, Soy, Egg, Cinnamon	45	250	270	8
		Mango Yogurt	4 oz	1 M/MA	Mango, Milk	15	75	80	0
06/04/25, 06/11/25, 06/18/25, 06/25/25	Egg & Cheese Bagel	Bagel	1 each	1.75 G/B	Wheat, Gluten	28	160	150	0
		Egg	1 each	1 M/MA	Egg, Milk	1	110	60	5
		Cheese	28g	1 M/MA	Milk, Soy	4	420	70	13
06/05/25	EGGO Froot Loop Waffles	EGGO Froot Loop Waffles	74 g	2 G/B	Wheat, Gluten, Milk, Egg, Soy, Fruit Juice	32	210	180	8
06/06/25, 06/20/25, 07/02/25	Glazed Donut Pull Apart	Glazed Donut Pull Apart	71 g	2 G/B	Wheat, Gluten, Milk, Soy, Eggs	31	300	240	23
06/09/25, 06/23/25	Turkey Pancake Wraps	Turkey Pancake Wraps	2.55 oz	1 M/MA, 1 G/B	Wheat, Gluten, Soy, Egg,	15	280	180	13
06/10/25, 06/24/25	Bagel + Cream Cheese	Bagel	1 each	1.75 G/B	Wheat, Gluten	28	160	150	0
		Cream Cheese	1 each	28.3 g	Milk	1	115	70	20
06/12/25, 06/26/25	French Toast	French Toast	2.90 oz (3 each)	1 G/B, 1 M/MA	Egg, Milk, Wheat, Gluten, Soy, Cinnamon	26	280	210	
06/13/25, 06/27/25	Apple Fritter	Apple Fritter	85 g	2 G/B	Egg, Milk, Wheat, Gluten, Soy, Cinnamon	36	260	320	42