BREAKFAST & LUNCH MENU: 06/04/25 - 07/02/25					Updated: 06/28/25	Questions? Please contact U- 46 Food & Nutrition Services Registered Dietitian, Judy Naughton at JudithNaughton@u-46.org or			
Red Font= change from originally planned menu				*Menus are subject to change*	847-888-5000 ext. 5034				
Date Menued	Venued Entree Items	Breakdown of Menued Item(s)	Portion Size	Crediting	Common Allergens and Other Ingredients of Concern	Carbohydrates (g)	Sodium (mg)	Calories	Saturated fat (%)
06/04/25, 06/11/25, 06/18/25, 06/25/25	Italian Cheesy Pull Apart	Italian Cheesy Pull Apart	3.88 oz	2 M/MA, 2 G/B	Milk, Wheat, Gluten, Soybean Oil	32	520	300	31
06/05/25, 06/12/25, 06/26/25	Turkey Ham & Cheese Sandwich	Turkey Ham & Cheese Sandwich	123 g	2 G/B, 2 M/MA	Wheat, Soy, Milk, Sesame	29	660	290	19
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, 06/16/25, 06/23/25, 06/30/25	Grilled Cheese	Grilled Cheese	4.19 oz	2 M/MA, 2 G/B	Wheat, Milk, Soy, Gluten	34	551	320	30
06/10/25, 06/17/25, 06/24/25, 07/01/25	Beef Taco Sticks	Beef Taco Sticks	4.60 oz	2 G/B, 2 M/MA	Wheat, Gluten, Milk, Soy	29	752	327	40
06/04/25, 06/09/25, 06/16/25, 06/23/25, 06/30/25	Trix Cereal	Trix Cereal	56g	2 G/B	Sunflower Oil, Fruit Juice	47	320	220	3
06/04/25, 06/09/25, 06/16/25, 06/23/25, 06/30/25	Cocoa Puffs Cereal	Cocoa Puffs Cereal	56g	2 G/B	Wheat, Sunflower Oil	47	230	220	0
06/05/25, 06/26/25	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, 06/13/25, 06/20/25, 06/27/25, 07/02/25	Maple Pancakes	Maple Pancakes	86 g	2 G/B	Wheat, Gluten, Soy, Eggs, Milk	35	210	200	5
06/10/25, 06/17/25, 06/24/25, 07/01/25	Confetti Pancakes	Confetti Pancakes	3.03 oz	2 G/B	Wheat, Gluten, Soym Egg, Milk	36	210	200	5
06/11/25, 06/25/25	Apple Cinnamon Pancake Bites	Apple Cinnamon Pancake Bites	68g	2 G/B	Cinnamon, Egg, Milk, Soy, Wheat	29	290	240	5
06/12/25	Chocolate Waffle	Chocolate Waffle	65g	2 G/B	Wheat, Egg	36	250	200	0
06/18/25	French Toast	French Toast	3.03 oz.	2 G/B	Wheat, Gluten, Egg, Soy	37	210	190	8