

BREAKFAST 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, 06/12/25, 06/16/25, 06/26/25, 06/30/25	Trix Cereal	Trix Cereal	56g	2 G/B	Sunflower Oil, Fruit Juice	47	320	220	3	
06/03/25, 06/17/25, 07/01/25	Strawberry Pop-Tart	Strawberry Pop-Tart	96g	2 G/B	Wheat, Soy, Strawberry, Apple, Gelatin	73	230	340	8	
06/04/25, 06/18/25, 07/02/25	Blueberry Donut Holes	Blueberry Donut Holes	85g	2 G/B	Wheat, Milk, Soy, Eggs, Cinnamon	39	230	260	20	
06/05/25, 06/09/25, 06/23/25	Cocoa Puffs Cereal	Cocoa Puffs Cereal	56g	2 G/B	Wheat, Sunflower Oil	47	230	220	0	
06/10/25, 06/24/25	Banana Bread	Banana Bread	96g	2 G/B	Wheat, Milk, Soy, Eggs, Cinnamon	44	250	260	8	
06/11/25, 06/25/25	Powdered Donut Holes	Powdered Donut Holes	85	2 G/B	Wheat, Milk, Soy, Eggs	42	230	280	23	