

**FREE breakfasts and lunches for all U-46 students in attendance.**

# OCTOBER 2021

## Breakfast and Lunch Menus

Menu Subject to Change.

Updated 9.21.2021

### Monday

**BYO=**  
Build Your Own

Vegetables offered daily at lunch

**BREAKFAST**  
Cereal w/ Grahams **4**

**LUNCH**  
Mozzarella Sticks with Marinara  
**OR** Egg, Cheese & Goldfish  
Power Pack

**HOLIDAY**  
**No SCHOOL** **11**



**BREAKFAST**  
Cereal w/ Cheese stick **18**

**LUNCH**  
Chicken Nuggets + Grahams  
**OR** Pretzel Nuggets w/ Cheese  
Cup & Cheese Stick

**BREAKFAST**  
Poptart **25**

**LUNCH**  
Pizza Bites with Marinara Sauce  
**OR**  
Cheese Pizza Lunchable

### Tuesday

**MILK OFFERED DAILY AT BOTH MEALS**  
**Choices:** White or chocolate

**BREAKFAST**  
Cinnamon Roll **5**

**LUNCH**  
Chicken Patty Sandwich **OR**  
BYO Egg Salad Sandwich

**BREAKFAST**  
Mini- Donuts **12**

**LUNCH**  
Beef Rib Patty Sandwich  
**OR**  
Cheese Pizza Lunchable

**BREAKFAST**  
Cinnamon Raisin Bagel w/ Jelly **19**

**LUNCH**  
Cheesy Meatloaf Sandwich **OR**  
BYO Egg Salad Sandwich

**BREAKFAST**  
Donut Ring **26**

**LUNCH**  
Cheeseburger **OR**  
Egg, Cheese & Goldfish  
Power Pack

### Wednesday

**FRUIT ROTATION** (subject to change based upon availability)  
**MON:** Apple slices **OR** Applesauce  
**TU:** Banana  
**WED:** Fruit cup  
**TH:** Raisin or Craisins  
**FRI:** Oranges  
*Fruit offered daily at both meals*

**BREAKFAST**  
Fruit Frudel **6**

**LUNCH**  
Turkey Sausage & Pancakes  
**OR**  
Cheesy Nachos  
Bean Dip

**BREAKFAST**  
Cereal Bar & Grahams **13**

**LUNCH**  
Cheesy Egg on an English  
Muffin **OR** Turkey Stick,  
Cheese & Goldfish Pack

**BREAKFAST**  
Fruit Frudel **20**

**LUNCH**  
Waffles with Turkey Sausage  
**OR**  
Egg, Cheese & Goldfish Power  
Pack

**BREAKFAST**  
Cereal Bar & Grahams **27**

**LUNCH**  
Vegetarian Breakfast Skillet w/  
Cinnamon Roll **OR**  
Sun Jammer w Cheese

### Thursday

**Menu Questions?**  
Contact Christine Cliff,  
U-46 District Dietitian, at  
[ChristineCliff@u-46.org](mailto:ChristineCliff@u-46.org) or  
(847) 888-5000 x5034

**BREAKFAST**  
Super Bakery Bread Slice **7**

**LUNCH**  
Cheese Enchiladas **OR**  
Sun Jammer & Cheese stick

**BREAKFAST**  
Big Muffin **14**

**LUNCH**  
Orange Chicken with Fried  
Veggie Rice **OR**  
Yogurt & Cheese w/ Grahams

**BREAKFAST**  
Super Bakery Bread Slice **21**

**LUNCH**  
Pasta with Meat Sauce **OR**  
Yogurt & Cheese w/ Grahams

**BREAKFAST**  
Big Muffin **28**

**LUNCH**  
Zesty Turkey Nachos **OR**  
Cheesy Nachos  
Bean Dip

### Friday

**BREAKFAST**  
Mini Bagel w/  
Cream Cheese **1**

**LUNCH**  
Tony's Cheese Pizza **OR**  
Turkey Stick, Cheese & Goldfish  
Pack

**BREAKFAST**  
Cinnamon Breakfast Round **8**

**LUNCH**  
Double Stuffed Cheese Pizza  
**OR**  
Turkey & Cheese Pasta Salad

**BREAKFAST**  
Mini-Bagel w/ Cream Cheese **15**

**LUNCH**  
Grilled Cheese **OR**  
Turkey Ham & Cheese Slider  
w/ Cheese Stick

**INSTITUTE DAY**  
**No SCHOOL** **22**

**BREAKFAST**  
Mini Bagel w/ Cream Cheese **29**

**LUNCH**  
Tony's Cheese Pizza  
**OR** Turkey Ham &  
Cheese Slider &  
Cheese Stick

Receive a  
Halloween  
surprise with  
lunch!

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Find Allergen and Carbohydrate Info at  
[www.u-46.org/Page/16915](http://www.u-46.org/Page/16915)