



# JANUARY 2026 - U-46 MIDDLE & HIGH SCHOOL MENU - BREAKFAST

**MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY**

*To learn more about*  
**EVERYMINUTEMATTERS**  
Attendance Awareness Campaign  
*Visit [u-46.org/attendance](http://u-46.org/attendance)*  
*or Scan*



Fruit and Milk Choices Available with All Entree Choices!

In addition to the breakfast entrees, a variety of Grab 'n Go options are available. Please see your schools' menu board for the most up-to-date menu and offerings.

Menu Subject to Change.

Questions?

Contact Daniella Beci at [daniellabeci@u-46.org](mailto:daniellabeci@u-46.org) or call (847)-888-5000 ext. 4170

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5 GLAZED PULL APART STAR DONUT OR HAM & CHEESE BREAKFAST CROISSANT FRUIT JUICE MILK	6 FRESH BAKED CINNAMON ROLL OR BACON, EGG AND CHEESE ON AN ENGLISH MUFFIN FRUIT JUICE MILK	7 SAUSAGE AND CHEESE BISCUIT SANDWICH OR ICED RING DONUT FRUIT JUICE MILK	8 FRENCH TOAST STICKS WITH MAPLE SYRUP OR BREADED CHICKEN SLIDER BISCUIT SANDWICH FRUIT JUICE MILK	9 MINI EGG BITES WITH TATOR TOTS & SAUSAGE LINK OR GLAZED APPLE CINNAMON ROLL FRUIT JUICE MILK
12 ICED RING DONUT OR HAM & CHEESE BREAKFAST CROISSANT FRUIT JUICE MILK	13 MINI TRIX FRENCH TOAST OR BACON, EGG AND CHEESE ON AN ENGLISH MUFFIN FRUIT JUICE MILK	14 SAUSAGE AND CHEESE BISCUIT SANDWICH OR FRESH BAKED CINNAMON ROLL FRUIT JUICE MILK	15 BUTTERMILK PANCAKES WITH TOPPINGS OR BREADED CHICKEN SLIDER ON A BISCUIT FRUIT JUICE MILK	16 CHEESY SCRAMBLED EGGS HASH BROWN & SAUSAGE LINK OR GLAZED PULL APART STAR DONUT FRUIT JUICE MILK
19 GLAZED APPLE CINNAMON ROLL OR HAM & CHEESE BREAKFAST CROISSANT FRUIT JUICE MILK	20 FRUIT AND YOGURT PARFAIT OR BACON, EGG AND CHEESE ON AN ENGLISH MUFFIN FRUIT JUICE MILK	21 SAUSAGE AND CHEESE BISCUIT SANDWICH OR ICED RING DONUT FRUIT JUICE MILK	22 WAFFLES WITH TOPPINGS OR BREADED CHICKEN SLIDER ON A BISCUIT FRUIT JUICE MILK	23 EGG & CHEESE OMELET WITH TATOR TOTS & SAUSAGE LINK OR GLAZED PULL APART STAR DONUT FRUIT JUICE MILK
26 GLAZED PULL APART STAR DONUT OR HAM & CHEESE BREAKFAST CROISSANT FRUIT JUICE MILK	27 FRESH BAKED CINNAMON ROLL OR BACON, EGG AND CHEESE ON AN ENGLISH MUFFIN FRUIT JUICE MILK	28 SAUSAGE AND CHEESE BISCUIT SANDWICH OR ICED RING DONUT FRUIT JUICE MILK	29 FRENCH TOAST STICKS WITH MAPLE SYRUP OR BREADED CHICKEN SLIDER BISCUIT SANDWICH FRUIT JUICE MILK	30 MINI EGG BITES WITH TATOR TOTS & SAUSAGE LINK OR GLAZED APPLE CINNAMON ROLL FRUIT JUICE MILK