



## BREAKFAST

# SEPTEMBER 2023

## Hononegah Community High School

Menu subject to change. This institution is an equal opportunity provider.

Reduced Price Breakfast \$.30 cents/ Paid Price Breakfast \$2.25

\*Please email [msmall@hononegah.org](mailto:msmall@hononegah.org) to discuss special dietary needs.

A Doctor's note is required to be on file with the school nurse.

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

**LABOR DAY  
NO SCHOOL**

4

Breakfast Pigs in a Blanket  
(Sausage wrapped in pancake) or  
Cereal or Muffin or Smoothie or  
Benefit Bar or Frudal  
Apples, Oranges, Bananas, Applesauce  
Plain 1% or Chocolate Fat Free Milk  
Maple Syrup

5

Eggs, Biscuit & Hashbrown  
or  
Cereal or Muffin or Smoothie or  
Benefit Bar or Frudal  
Apples, Oranges, Fruit Cup  
Plain 1% or Chocolate Fat Free Milk  
Butter, Jelly, Ketchup

6

Mini Pancakes  
or  
Cereal or Muffin or Smoothie or  
Benefit Bar or Frudal  
Apples, Oranges, Bananas, Juice  
Plain 1% or Chocolate Fat Free Milk  
Maple Syrup

7

Bagel Sandwich  
(Egg, Bacon, Cheese) or  
Cereal or Muffin or Smoothie or  
Benefit Bar or Frudal  
Apples, Oranges, Applesauce  
Plain 1% or Chocolate Fat Free Milk  
Ketchup

1

Cinnamon Glazed  
French Toast & Sausage or  
Cereal or Muffin or Parfait or  
Yogurt or Benefit Bar or Frudal  
Apples, Oranges, Applesauce  
Plain 1% or Chocolate Fat Free Milk  
Maple Syrup

11

Smoothie  
and  
Breakfast Muffin or  
Cereal or Muffin or Parfait or  
Yogurt or Benefit Bar or Frudal  
Apples, Oranges, Bananas, Juice  
Plain 1% or Chocolate Fat Free Milk

12

Breakfast Burrito & Salsa  
(eggs, cheese, sausage) or  
(peppers, egg, potato, cheese)  
Cereal or Muffin or Parfait or  
Yogurt or Benefit Bar or Frudal  
Apples, Oranges, Fruit Cup  
Plain 1% or Chocolate Fat Free Milk

13

Mini Waffles  
or  
Cereal or Muffin or Parfait or  
Yogurt or Benefit Bar or Frudal  
Apples, Oranges, Bananas, Juice  
Plain 1% or Chocolate Fat Free Milk  
Maple Syrup

14

Bagel Sandwich  
(Egg, Bacon, Cheese) or  
Cereal or Muffin or Parfait or  
Yogurt or Benefit Bar or Frudal  
Apples, Oranges, Applesauce  
Plain 1% or Chocolate Fat Free Milk  
Ketchup

15

Breakfast Pigs in a Blanket  
(Sausage wrapped in pancake) or  
Cereal or Muffin or Smoothie or  
Yogurt or Benefit Bar or Frudal  
Apples, Oranges, Applesauce  
Plain 1% or Chocolate Fat Free Milk  
Maple Syrup

18

Waffle topped  
with  
Yogurt & Berries or  
Cereal or Muffin or Smoothie or  
Yogurt or Benefit Bar or Frudal  
Apples, Oranges, Bananas, Juice  
Plain 1% or Chocolate Fat Free Milk

19

Eggs, Biscuit & Hashbrown  
or  
Cereal or Muffin or Smoothie or  
Yogurt or Benefit Bar or Frudal  
Apples, Oranges, Fruit Cup  
Plain 1% or Chocolate Fat Free Milk  
Butter, Jelly, Ketchup

20

Freshly Baked  
Cinnamon Roll  
or  
Cereal or Muffin or Smoothie or  
Yogurt or Benefit Bar or Frudal  
Apples, Oranges, Bananas, Juice  
Plain 1% or Chocolate Fat Free Milk

21

Bagel Sandwich  
(Egg, Bacon, Cheese) or  
Cereal or Muffin or Smoothie or  
Yogurt or Benefit Bar or Frudal  
Apples, Oranges, Applesauce  
Plain 1% or Chocolate Fat Free Milk  
Ketchup

22

Cinnamon Glazed  
French Toast & Bacon or  
Cereal or Muffin or Parfait or  
Yogurt or Benefit Bar or Frudal  
Apples, Oranges, Applesauce  
Plain 1% or Chocolate Fat Free Milk  
Maple Syrup

25

Smoothie  
and  
Breakfast Muffin or  
Cereal or Muffin or Parfait or  
Yogurt or Benefit Bar or Frudal  
Apples, Oranges, Bananas, Juice  
Plain 1% or Chocolate Fat Free Milk

26

Breakfast Burrito & Salsa  
(eggs, cheese, sausage) or  
(peppers, egg, potato, cheese)  
Cereal or Muffin or Parfait or  
Yogurt or Benefit Bar or Frudal  
Apples, Oranges, Fruit Cup  
Plain 1% or Chocolate Fat Free Milk

27

Whole Grain  
Glazed Donut  
or  
Cereal or Muffin or Parfait or  
Yogurt or Benefit Bar or Frudal  
Apples, Oranges, Bananas, Juice  
Plain 1% or Chocolate Fat Free Milk

28

Bagel Sandwich  
(Egg, Bacon, Cheese) or  
Cereal or Muffin or Parfait or  
Yogurt or Benefit Bar or Frudal  
Apples, Oranges, Applesauce  
Plain 1% or Chocolate Fat Free Milk  
Ketchup

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We hope you will join us for breakfast. We offer a variety of options to choose from daily. All options are available to all students. Menus are posted by the serving line that list all options available daily.

Please make sure to have your ID card with you at breakfast. You MUST scan your ID card to receive breakfast and make any A La Carte Purchases.

Gluten Free options and other special diet options (by request only and require a Doctor's note to be on file with the school nurse)

Plant based meal options available by request only in advance.

A La Carte items are also available for purchase on all serving lines.