



BREAKFAST

OCTOBER 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 to discuss special dietary needs.

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

Monday

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

**INDIGENOUS
PEOPLES' DAY
& COLUMBUS DAY
NO SCHOOL**

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

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

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

Tuesday

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

Variety of Frudals
or
Cereal or Muffin or
Parfait or
Benefit Bar or Frudal
Apples, Oranges, Bananas, Juice
Plain 1% or Chocolate Fat Free Milk

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

Variety of Frudals
or
Cereal or Muffin or
Parfait or
Benefit Bar or Frudal
Apples, Oranges, Bananas, Juice
Plain 1% or Chocolate Fat Free Milk

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

Wednesday

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

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

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

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

Thursday

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

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

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

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

Friday

**SCHOOL
IMPROVEMENT DAY
NO STUDENT
ATTENDANCE**

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

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

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

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.