



## BREAKFAST

# NOVEMBER 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

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

1

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

2

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

3

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

6

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

7

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

8

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

9

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

10

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

13

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

14

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

15

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

16

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

17

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

20

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

21

**THANKSGIVING  
BREAK  
NO SCHOOL**

22

**THANKSGIVING  
BREAK  
NO SCHOOL**

23

**THANKSGIVING  
BREAK  
NO SCHOOL**

24

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

27

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

28

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

29

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

30



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.