

## **JANUARY 2024**

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 <u>msmall@hononegah.org</u> to discuss special dietary needs.

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

Monday Tuesday Wednesday **Thursday** Friday Frudals **Bagel Sandwich WINTER BREAK** (Egg, Bacon, Cheese) or **WINTER BREAK** WINTER BREAK Cereal or Muffin **NO SCHOOL** Cereal or Muffin or Benefit Bar or Frudal **NO SCHOOL NO SCHOOL SCHOOL** Benefit Bar Apples, Oranges, Applesauce Apples, Oranges, Bananas, Juice Plain 1% or Chocolate Fat Free Milk **HAPPY NEW YEAR** IMPROVEMENT DAY Plain 1% or Chocolate Fat Free Milk Ketchup Breakfast Pigs in a Blanket Whole Grain **Bagel Sandwich** Mini Pancakes Eggs, Biscuit & Hashbrown (Sausage wrapped in pancake) or Glazed Donut (Egg, Bacon, Cheese) or Cereal or Muffin or Cereal or Muffin or Cereal or Muffin or Cereal or Muffin or or Benefit Bar or Frudal Benefit Bar or Frudal Cereal or Muffin or Benefit Bar or Frudal Benefit Bar or Frudal Apples, Oranges, Applesauce Apples, Oranges, Juice Apples, Oranges, Fruit Cup Benefit Bar or Frudal Apples, Oranges, Applesauce Plain 1% or Chocolate Fat Free Milk Plain 1% or Chocolate Fat Free Milk Plain 1% or Chocolate Fat Free Milk Apples, Oranges, Bananas, Juice Plain 1% or Chocolate Fat Free Milk Maple Syrup Maple Syrup Butter, Jelly, Ketchup Plain 1% or Chocolate Fat Free Milk Ketchup Breakfast Burrito & Salsa Cinnamon Glazed Frudals **Bagel Sandwich** French Toast & Sausage or (eggs, cheese, sausage) or (Egg, Bacon, Cheese) or Cereal or Muffin or (peppers, egg, potato, cheese) Cereal or Muffin Cereal or Muffin or DR. MARTIN LUTHER Benefit Bar or Frudal Cereal or Muffin or Benefit Bar or Frudal KING JR. DAY Apples, Oranges, Juice Benefit Bar or Frudal Benefit Bar Apples, Oranges, Applesauce Plain 1% or Chocolate Fat Free Milk Apples, Oranges, Fruit Cup Apples, Oranges, Bananas, Juice Plain 1% or Chocolate Fat Free Milk **NO SCHOOL** Plain 1% or Chocolate Fat Free Milk Maple Syrup Plain 1% or Chocolate Fat Free Milk Ketchup Breakfast Pigs in a Blanket Eggs, Biscuit & Hashbrown Freshly Baked **Bagel Sandwich** Mini Pancakes (Sausage wrapped in pancake) or Cinnamon Roll (Egg, Bacon, Cheese) or Cereal or Muffin or Benefit Bar or Frudal Benefit Bar or Frudal Benefit Bar or Frudal Benefit Bar or Frudal Apples, Oranges, Juice Apples, Oranges, Fruit Cup Benefit Bar or Frudal Apples, Oranges, Applesauce Apples, Oranges, Applesauce Plain 1% or Chocolate Fat Free Milk Apples, Oranges, Bananas, Juice Maple Syrup Butter, Jelly, Ketchup Plain 1% or Chocolate Fat Free Milk Maple Syrup Mini Waffles Cinnamon Glazed Breakfast Burrito & Salsa French Toast & Sausage or (eggs, cheese, sausage) or Cereal or Muffin or Cereal or Muffin or (peppers, egg, potato, cheese) Benefit Bar or Frudal Benefit Bar or Frudal Cereal or Muffin or Benefit Bar or Frudal Apples, Oranges, Applesauce Apples, Oranges, Juice Plain 1% or Chocolate Fat Free Milk Plain 1% or Chocolate Fat Free Milk Apples, Oranges, Fruit Cup Maple Syrup Maple Syrup Plain 1% or Chocolate Fat Free Milk

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.