BREAKFAST — FEBRUARY 2024
Hononegah Community High School

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Frudals or Cereal or Muffin or Smoothie or or Benefit Bar 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
5 Mini Pancakes or Cereal or Muffin or Smoothie or Benefit Bar or Frudal Apples, Oranges, Applesauce Plain 1% or Chocolate Fat Free Milk Maple Syrup	**6** Cinnamon Glazed French Toast & Sausage or Cereal or Muffin or Smoothie or Benefit Bar or Frudal Apples, Oranges, Juice Plain 1% or Chocolate Fat Free Milk Maple Syrup	**7** 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	**8** Whole Grain Glazed Donut Holes or Cereal or Muffin or Smoothie or Benefit Bar or Frudal Apples, Oranges, Bananas, Juice Plain 1% or Chocolate Fat Free Milk	**9** NO SCHOOL
12 LINCOLN'S BIRTHDAY NO SCHOOL	**13** Cinnamon Glazed French Toast & Sausage or Cereal or Muffin or Smoothie or Benefit Bar or Frudal Apples, Oranges, Juice Plain 1% or Chocolate Fat Free Milk Maple Syrup	**14** Breakfast Burrito & Salsa (eggs, cheese, sausage) or (peppers, egg, potato, cheese) Cereal or Muffin or Smoothie or Benefit Bar or Frudal Apples, Oranges, Fruit Cup Plain 1% or Chocolate Fat Free Milk	**15** Mini Waffles or Cereal or Muffin or Smoothie or Benefit Bar Apples, Oranges, Bananas, Juice Plain 1% or Chocolate Fat Free Milk	**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
19 Mini Pancakes or Cereal or Muffin or Smoothie or Benefit Bar or Frudal Apples, Oranges, Applesauce Plain 1% or Chocolate Fat Free Milk Maple Syrup	**20** Cinnamon Glazed French Toast & Sausage or Cereal or Muffin or Smoothie or Benefit Bar or Frudal Apples, Oranges, Juice Plain 1% or Chocolate Fat Free Milk Maple Syrup	**21** 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	**22** 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	**23** 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
26 Mini Waffles or Cereal or Muffin or Smoothie or Benefit Bar or Frudal Apples, Oranges, Applesauce Plain 1% or Chocolate Fat Free Milk Maple Syrup	**27** Cinnamon Glazed French Toast & Sausage or Cereal or Muffin or Smoothie or Benefit Bar or Frudal Apples, Oranges, Juice Plain 1% or Chocolate Fat Free Milk Maple Syrup	**28** Breakfast Burrito & Salsa (eggs, cheese, sausage) or (peppers, egg, potato, cheese) Cereal or Muffin or Smoothie or Benefit Bar or Frudal Apples, Oranges, Fruit Cup Plain 1% or Chocolate Fat Free Milk	**29** Frudals or Cereal or Muffin or Smoothie or Benefit Bar Apples, Oranges, Bananas, Juice 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.