

Breakfast THROUGH 8

January 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8</p> <p></p> <p>✓ Apple Cinnamon Muffin with Boiled Egg</p> <p></p> <p>✓ Cheerios and Graham Crackers</p> <hr/> <p>Dried Cranberries Fresh Apple</p>	<p>9</p> <p></p> <p>✓ French Toast Bar</p> <p></p> <p>✓ Frosted Mini Wheats and String Cheese</p> <hr/> <p>Raisins Fresh Orange</p>	<p>10</p> <p></p> <p>✓ Yoplait</p> <p>Fruit Parfait with Graham Crackers</p> <p></p> <p>✓ Cheerios and Boiled Egg</p> <hr/> <p>Dried Cranberries 100% Orange Juice</p>	<p>11</p> <p></p> <p>✓ Mini Cinnamon Cream Cheese Bagels</p> <p></p> <p>✓ Frosted Mini Wheats and String Cheese</p> <hr/> <p>Raisins Fresh Pear</p>	<p>12</p> <p></p> <p>✓ Welch's PB&J Graham Cracker Bar</p> <p></p> <p>✓ Cheerios and Boiled Egg</p> <hr/> <p>Apple Slices (L) Fresh Banana</p>
<p>15</p> <p>No School</p> <p>Martin Luther King, Jr. Day!</p>	<p>16</p> <p></p> <p>✓ French Toast Bar</p> <p></p> <p>✓ Cheerios and Boiled Egg</p> <hr/> <p>Raisins Fresh Banana</p>	<p>17</p> <p></p> <p>✓ Yoplait</p> <p>Fruit Parfait with Graham Crackers</p> <p></p> <p>✓ Frosted Mini Wheats and String Cheese</p> <hr/> <p>Fresh Apples Slices (L) Fresh Orange</p>	<p>18</p> <p></p> <p>✓ Mini Cinnamon Cream Cheese Bagels</p> <p></p> <p>✓ Cheerios and Boiled Egg</p> <hr/> <p>Raisins Fresh Pear</p>	<p>19</p> <p></p> <p>✓ Welch's PB&J Graham Cracker Bar</p> <p></p> <p>✓ Frosted Mini Wheats and String Cheese</p> <hr/> <p>100% Orange Juice Fresh Banana</p>

WELCOME BACK TO A FRESH START — WITH BREAKFAST!

- Breakfast is available for every student, even after the final morning bell rings.
- Our *Sunnyside Up Breakfast Club* grab & go bags have a new look!
- We proudly serve chicken raised with **No Antibiotics Ever!**
- Enjoy **tasty toppings** for breads and breakfast sandwiches!
- For **new recipes and special promotions** this year, look for the **orange fork!**
- All of this year's new items are CPS **student-tested and approved.**
- For **locally-grown** ingredients from within 350 miles from Chicago, look for the **(L)**

ALL MEALS ARE FREE EVERY DAY

We offer a rotation of vitamin and mineral-rich seasonal fresh & cupped fruits.

Vegetarian entrees are identified with a green check. ✓

We only use heart-healthy whole grain breads.

Our milk varieties include 1% low fat and fat-free unflavored milk.

Breakfast K THROUGH **8**

January 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>22</p> <p>✓ </p> <p>Apple Cinnamon Muffin with Boiled Egg</p> <p>✓ </p> <p>Cheerios and Graham Crackers</p> <hr/> <p>Dried Cranberries Fresh Orange</p>	<p>23</p> <p>✓ </p> <p>French Toast Bar</p> <p>✓ </p> <p>Frosted Mini Wheats and String Cheese</p> <hr/> <p>Raisins Fresh Banana</p>	<p>24</p> <p>✓ </p> <p>Fruit Parfait with Graham Crackers</p> <p>✓ </p> <p>Cheerios and Boiled Egg</p> <hr/> <p>Sliced Apples (L) Fresh Orange</p>	<p>25</p> <p>✓ </p> <p>Mini Cinnamon Cream Cheese Bagels</p> <p>✓ </p> <p>Frosted Mini Wheats and String Cheese</p> <hr/> <p>Raisins Fresh Pear</p>	<p>26</p> <p>✓ </p> <p>Welch's PB&J Graham Cracker Bar</p> <p>✓ </p> <p>Cheerios and Boiled Egg</p> <hr/> <p>100% Orange Juice Fresh Banana</p>
<p>29</p> <p>✓ </p> <p>Blueberry Muffin with String Cheese</p> <p>✓ </p> <p>Frosted Mini Wheats and Graham Crackers</p> <hr/> <p>Dried Cranberries Fresh Orange</p>	<p>30</p> <p>✓ </p> <p>French Toast Bar</p> <p>✓ </p> <p>Cheerios and Boiled Egg</p> <hr/> <p>Raisins Fresh Banana</p>	<p>31</p> <p>✓ </p> <p>Fruit Parfait with Graham Crackers</p> <p>✓ </p> <p>Frosted Mini Wheats and String Cheese</p> <hr/> <p>Sliced Apples (L) Fresh Orange</p>	<p>1</p> <p>✓ </p> <p>Mini Cinnamon Cream Cheese Bagels</p> <p>✓ </p> <p>Cheerios and Boiled Egg</p> <hr/> <p>Raisins Fresh Pear</p>	<p>2</p> <p>No School</p>

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