

# Breakfast K THROUGH 8

May 2018

Gold Breakfast

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  |
|--|--|---|---|---|
| <p><b>30</b></p>  <p>✓ Apple Cinnamon Muffin with Boiled Egg</p>  <p>✓ Cheerios with Graham Crackers</p> <p>Dried Cranberries<br/>Fresh Orange</p>                                     | <p><b>1</b></p>  <p>✓ French Toast Bar</p>  <p>✓ Frosted Mini Wheats with String Cheese</p> <p>Applesauce<br/>Fresh Banana</p>         | <p><b>2</b></p>  <p>✓ Pear Parfait with Graham Crackers</p>  <p>✓ Cheerios with Boiled Egg</p> <p>Diced Pears<br/>Fresh Orange</p>                      | <p><b>3</b></p>  <p>✓ Mini Cinnamon Cream Cheese Bagels</p>  <p>✓ Frosted Mini Wheats with String Cheese</p> <p>Diced Peaches<br/>Fresh Banana</p> | <p><b>4</b></p>  <p>✓ PB &amp; J Graham Cracker Bar</p>  <p>✓ Cheerios with Boiled Egg</p> <p>100% Orange Juice<br/>Fresh Pear</p>                    |
| <p><b>7</b></p>  <p>✓ Mango Banana Bar</p>  <p>✓ Frosted Mini Wheats with Graham Crackers</p> <p><b>FRESH ATTITUDE WEEK</b></p> <p>Fresh Local Michigan Apple<br/>Fresh Orange</p> | <p><b>8</b></p>  <p>✓ Blueberry Muffin with String Cheese</p>  <p>✓ PB &amp; Jelly Sandwich</p> <p>Applesauce<br/>Fresh Banana</p> | <p><b>9</b></p>  <p>✓ Peach Parfait with Graham Crackers</p>  <p>✓ Frosted Mini Wheats with String Cheese</p> <p>Diced Peaches<br/>Fresh Orange</p> | <p><b>10</b></p>  <p>✓ Mini Cinnamon Cream Cheese Bagels</p>  <p>✓ Cheerios with Boiled Egg</p> <p>Diced Pears<br/>Fresh Banana</p>           | <p><b>11</b></p>  <p>✓ PB &amp; J Graham Cracker Bar</p>  <p>✓ Frosted Mini Wheats with String Cheese</p> <p>100% Orange Juice<br/>Fresh Pear</p> |

## RISE AND SHINE WITH BREAKFAST!

- Breakfast is available for every student, even after the final morning bell rings.
- All of this year's new items are CPS **student-tested and approved**.
- SunButter is substituted in buildings on peanut-free menus.

## 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.



[www.cps.edu/food](http://www.cps.edu/food)

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This institution is an equal opportunity provider.

Questions? Contact us at [food@cps.edu](mailto:food@cps.edu)



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| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  |
|---|---|--|---|---|
| <p><b>14</b></p> <p> ✓ Apple Cinnamon Muffin with Boiled Egg</p> <p> ✓ Cheerios with Graham Crackers</p> <p>Apple Slices<br/>Fresh Orange</p> | <p><b>15</b></p> <p> ✓ French Toast Bar</p> <p> ✓ Frosted Mini Wheats with String Cheese</p> <p>Applesauce<br/>Fresh Banana</p>         | <p><b>16</b></p> <p> ✓ Pear Parfait with Graham Crackers</p> <p> ✓ Cheerios with Boiled Egg</p> <p>Diced Pears<br/>Fresh Orange</p>                      | <p><b>17</b></p> <p> ✓ Mini Cinnamon Cream Cheese Bagels</p> <p> ✓ Frosted Mini Wheats with String Cheese</p> <p>Diced Peaches<br/>Fresh Banana</p> | <p><b>18</b></p> <p> ✓ PB &amp; J Graham Cracker Bar</p> <p> ✓ Cheerios with Boiled Egg</p> <p>100% Orange Juice<br/>Fresh Pear</p>                   |
| <p><b>21</b></p> <p> ✓ Mango Banana Bar</p> <p> ✓ Frosted Mini Wheats with Graham Crackers</p> <p>Apple Slices<br/>Fresh Orange</p>       | <p><b>22</b></p> <p> ✓ Blueberry Muffin with String Cheese</p> <p> ✓ PB &amp; Jelly Sandwich</p> <p>Applesauce<br/>Fresh Banana</p> | <p><b>23</b></p> <p> ✓ Peach Parfait with Graham Crackers</p> <p> ✓ Frosted Mini Wheats with String Cheese</p> <p>Diced Peaches<br/>Fresh Orange</p> | <p><b>24</b></p> <p> ✓ Mini Cinnamon Cream Cheese Bagels</p> <p> ✓ Cheerios with Boiled Egg</p> <p>Diced Pears<br/>Fresh Banana</p>             | <p><b>25</b></p> <p> ✓ PB &amp; J Graham Cracker Bar</p> <p> ✓ Frosted Mini Wheats with String Cheese</p> <p>100% Orange Juice<br/>Fresh Pear</p> |

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# Breakfast **K** THROUGH **8**



| MONDAY                        | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  |
|-------------------------------|--|--|---|---|
| <p>28</p> <p>MEMORIAL DAY</p> | <p>29</p> <p>✓  French Toast Bar</p> <p>✓  Frosted Mini Wheats with String Cheese</p> <hr/> <p>Applesauce<br/>Fresh Banana</p> | <p>30</p> <p>✓  Pear Parfait with Graham Crackers</p> <p>✓  Cheerios with Boiled Egg</p> <hr/> <p>Diced Pears<br/>Fresh Orange</p> | <p>31</p> <p>✓  Mini Cinnamon Cream Cheese Bagels</p> <p>✓  Frosted Mini Wheats with String Cheese</p> <hr/> <p>Diced Peaches<br/>Fresh Banana</p> | <p>1</p> <p>✓  PB &amp; J Graham Cracker Bar</p> <p>✓  Cheerios with Boiled Egg</p> <hr/> <p>100% Orange Juice<br/>Fresh Pear</p> |

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