



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

## October 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b></p>  <p>✓ Apple Cinnamon Muffin with Hard Boiled Egg</p>  <p>✓ Raisin Bran or Cheerios and Graham Crackers</p> <hr/> <p>Dried Cranberries Fresh Orange</p>	<p><b>3</b></p>  <p>French Toast Bar</p>  <p>✓ Cheerios or Rice Krispies and String Cheese</p> <hr/> <p>Raisins Fresh Plum</p>	<p><b>4</b></p>  <p>✓ Yoplait Fruit Parfait with Graham Crackers</p>  <p>✓ Raisin Bran or Cheerios and Hard Boiled Egg</p> <hr/> <p>Apple Slices Fresh Orange</p>	<p><b>5</b></p>  <p>✓ Mini Cinnamon Cream Cheese Bagels</p>  <p>✓ Cheerios or Rice Krispies and String Cheese</p> <hr/> <p>Raisins Fresh Banana</p>	<p><b>6</b></p>  <p>✓ Welch's PB&amp;J Graham Cracker Bar</p>  <p>✓ Raisin Bran or Cheerios and Hard Boiled Egg</p> <hr/> <p>100% Orange Juice Fresh Pear</p>
<p><b>9</b></p> <p><b>The breakfast bags have a whole new look this year! Grab one and check it out!</b></p> 	<p><b>10</b></p>  <p>✓ French Toast Bar</p>  <p>✓ Raisin Bran or Cheerios and Hard Boiled Egg</p> <hr/> <p>Raisins Fresh Apple</p>	<p><b>11</b></p>  <p>✓ Yoplait Fruit Parfait with Graham Crackers</p>  <p>✓ Cheerios or Rice Krispies and String Cheese</p> <hr/> <p>Sliced Apples Fresh Orange</p>	<p><b>12</b></p>  <p>✓ Mini Cinnamon Cream Cheese Bagels</p>  <p>✓ Raisin Bran or Cheerios and Hard Boiled Egg</p> <hr/> <p>Raisins Fresh Banana</p>	<p><b>13</b></p>  <p>✓ Welch's PB&amp;J Graham Cracker Bar</p>  <p>✓ Cheerios or Rice Krispies and String Cheese</p> <hr/> <p>100% Orange Juice Fresh Pear</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.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>16</b></p> <p> ✓</p> <p>Apple Cinnamon Muffin with Hard Boiled Egg</p> <p> ✓</p> <p>Raisin Bran or Cheerios and Graham Crackers</p> <hr/> <p>Dried Cranberries Fresh Orange</p>	<p><b>17</b></p> <p> ✓</p> <p>French Toast Bar</p> <p> ✓</p> <p>Frosted Mini Wheats or Rice Krispies and String Cheese</p> <hr/> <p>Raisins Fresh Plum</p>	<p><b>18</b></p> <p> ✓</p> <p>Fruit Parfait with Graham Crackers</p> <p> ✓</p> <p>Raisin Bran or Cheerios and Hard Boiled Egg</p> <hr/> <p>Sliced Apples Fresh Orange</p>	<p><b>19</b></p> <p> ✓</p> <p>Mini Cinnamon Cream Cheese Bagels</p> <p> ✓</p> <p>Frosted Mini Wheats or Rice Krispies and String Cheese</p> <hr/> <p>Raisins Fresh Banana</p>	<p><b>20</b></p> <p> ✓</p> <p>Welch's PB&amp;J Graham Cracker Bar</p> <p> ✓</p> <p>Raisin Bran or Cheerios and Hard Boiled Egg</p> <hr/> <p>100% Orange Juice Fresh Pear</p>
<p><b>23</b></p> <p> ✓</p> <p>Blueberry Muffin with String Cheese</p> <p> ✓</p> <p>Frosted Mini Wheats or Rice Krispies and Graham Crackers</p> <hr/> <p>Dried Cranberries Fresh Orange</p>	<p><b>24</b></p> <p> ✓</p> <p>French Toast Bar</p> <p> ✓</p> <p>Raisin Bran or Cheerios and Hard Boiled Egg</p> <hr/> <p>Raisins Fresh Apple</p>	<p><b>25</b></p> <p> ✓</p> <p>Fruit Parfait with Graham Crackers</p> <p> ✓</p> <p>Frosted Mini Wheats or Rice Krispies and String Cheese</p> <hr/> <p>Sliced Apples Fresh Orange</p>	<p><b>26</b></p> <p> ✓</p> <p>Mini Cinnamon Cream Cheese Bagels</p> <p> ✓</p> <p>Raisin Bran or Cheerios and Hard Boiled Egg</p> <hr/> <p>Raisins Fresh Banana</p>	<p><b>27</b></p> <p> ✓</p> <p>Welch's PB&amp;J Graham Cracker Bar</p> <p> ✓</p> <p>Frosted Mini Wheats or Rice Krispies and String Cheese</p> <hr/> <p>100% Orange Juice Fresh Pear</p>

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<p><b>30</b></p>  <p>✓ Apple Cinnamon Muffin with Hard Boiled Egg</p>  <p>✓ Raisin Bran or Cheerios and Graham Crackers</p> <hr/> <p>Dried Cranberries Fresh Orange</p>	<p><b>31</b></p>  <p>✓ French Toast Bar</p>  <p>✓ Frosted Mini Wheats or Rice Krispies and String Cheese</p> <hr/> <p>Raisins Fresh Plum</p>	<p><b>1</b></p>  <p>✓ Yoplait Fruit Parfait with Graham Crackers</p>  <p>✓ Raisin Bran or Cheerios and Hard Boiled Egg</p> <hr/> <p>Sliced Apples Fresh Orange</p>	<p><b>2</b></p>  <p>✓ Mini Cinnamon Cream Cheese Bagels</p>  <p>✓ Frosted Mini Wheats or Rice Krispies and String Cheese</p> <hr/> <p>Raisins Fresh Banana</p>	<p><b>3</b></p> <p><b>NO SCHOOL!</b></p>

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