

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

November 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>6</p>  <p>✓ Blueberry Muffin with String Cheese</p>  <p>✓ Frosted Mini Wheats or Rice Krispies and Graham Crackers</p> <p>Dried Cranberries Fresh Orange</p>	<p>7</p>  <p>✓ French Toast Bar</p>  <p>✓ Raisin Bran or Cheerios and Boiled Egg</p> <p>Raisins Fresh Apple</p>	<p>8</p>  <p>✓ Fruit Parfait with Graham Crackers</p>  <p>✓ Frosted Mini Wheats or Rice Krispies and String Cheese</p> <p>Sliced Apples (L) Fresh Orange</p>	<p>9</p>  <p>✓ Mini Cinnamon Cream Cheese Bagels</p>  <p>✓ Raisin Bran or Cheerios and Boiled Egg</p> <p>Raisins Fresh Banana</p>	<p>10</p>  <p>✓ Welch's PB&J Graham Cracker Bar</p>  <p>✓ Frosted Mini Wheats or Rice Krispies and String Cheese</p> <p>100% Orange Juice Fresh Pear</p>
<p>13</p>  <p>✓ Apple Cinnamon Muffin with Boiled Egg</p>  <p>✓ Raisin Bran or Cheerios and Graham Crackers</p> <p>Dried Cranberries Fresh Orange</p>	<p>14</p>  <p>✓ French Toast Bar</p>  <p>✓ Frosted Mini Wheats or Rice Krispies and String Cheese</p> <p>Raisins Fresh Banana</p>	<p>15</p> <p>Elementary Parent-Teacher Conferences (Report Card Pickup)</p>	<p>16</p>  <p>✓ Mini Cinnamon Cream Cheese Bagels</p>  <p>✓ Frosted Mini Wheats or Rice Krispies and String Cheese</p> <p>Raisins Fresh Banana</p>	<p>17</p>  <p>✓ Welch's PB&J Graham Cracker Bar</p>  <p>✓ Raisin Bran or Cheerios and Boiled Egg</p> <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>20</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>21</p> <p> ✓</p> <p>French Toast Bar</p> <p> ✓</p> <p>Raisin Bran or Cheerios and String Cheese</p> <hr/> <p>Raisins Fresh Banana</p>	<p>22</p> <p><i>Thanksgiving Break!</i></p>	<p>23</p> <p><i>Thanksgiving Break!</i></p>	<p>24</p> <p><i>Thanksgiving Break!</i></p>
<p>27</p> <p> ✓</p> <p>Apple Cinnamon Muffin with Boiled Egg</p> <p> ✓</p> <p>Raisin Bran or Cheerios and Graham Crackers</p> <hr/> <p>Dried Cranberries Fresh Orange</p>	<p>28</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 Banana</p>	<p>29</p> <p> ✓</p> <p>Fruit Parfait with Graham Crackers</p> <p> ✓</p> <p>Raisin Bran or Cheerios and Boiled Egg</p> <hr/> <p>Sliced Apples (L) Fresh Orange</p>	<p>30</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>1</p> <p> ✓</p> <p>Welch's PB&J Graham Cracker Bar</p> <p> ✓</p> <p>Raisin Bran or Cheerios and Boiled Egg</p> <hr/> <p>100% Orange Juice Fresh Pear</p>

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Our menus are pork-free! In peanut-free buildings, SunButter will be substituted. All menus are subject to change. Not all offerings may be available in all buildings.

Questions? Contact us at food@cps.edu