

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

## December 2017

K-8 Cold Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>4</b></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><b>5</b></p>  <p>✓ French Toast Bar</p>  <p>✓ Raisin Bran or Cheerios and Boiled Egg</p> <p>Raisins Fresh Banana</p>	<p><b>6</b></p>  <p>✓ Yoplait 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><b>7</b></p>  <p>✓ Mini Cinnamon Cream Cheese Bagels</p>  <p>✓ Raisin Bran or Cheerios and Boiled Egg</p> <p>Raisins Fresh Banana</p>	<p><b>8</b></p>  <p>✓ Welch's PB&amp;J Graham Cracker Bar</p>  <p>✓ Frosted Mini Wheats or Rice Krispies and String Cheese</p> <p>100% Orange Juice Fresh Pear</p>
<p><b>11</b></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><b>12</b></p>  <p>✓ French Toast Bar</p>  <p>✓ Frosted Mini Wheats or Rice Krispies and String Cheese</p> <p>Raisins Fresh Banana</p>	<p><b>13</b></p>  <p>✓ Yoplait Fruit Parfait with Graham Crackers</p>  <p>✓ Raisin Bran or Cheerios and Boiled Egg</p> <p>Sliced Apples (L) Fresh Orange</p>	<p><b>14</b></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><b>15</b></p>  <p>✓ Welch's PB&amp;J Graham Cracker Bar</p>  <p>✓ Raisin Bran or Cheerios and Boiled Egg</p> <p>100% Orange Juice Fresh Pear</p>

### Rise and shine - 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.



This institution is an equal opportunity provider. 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? E-mail us at [food@cps.edu](mailto:food@cps.edu)


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<p><b>18</b></p>  <p>✓ Blueberry Muffin with String Cheese</p>  <p>✓ Frosted Mini Wheats or Rice Krispies and Graham Crackers</p> <hr/> <p>Dried Cranberries Fresh Orange</p>	<p><b>19</b></p>  <p>✓ French Toast Bar</p>  <p>✓ Raisin Bran or Cheerios and Boiled Egg</p> <hr/> <p>Raisins Fresh Banana</p>	<p><b>20</b></p>  <p>✓ Fruit Parfait with Graham Crackers</p>  <p>✓ Frosted Mini Wheats or Rice Krispies and String Cheese</p> <hr/> <p>Sliced Apples (L) Fresh Orange</p>	<p><b>21</b></p>  <p>✓ Mini Cinnamon Cream Cheese Bagels</p>  <p>✓ Raisin Bran or Cheerios and Boiled Egg</p> <hr/> <p>Fresh Orange Fresh Banana</p>	<p><b>22</b></p>  <p>✓ Welch's PB&amp;J Graham Cracker Bar</p>  <p>✓ Frosted Mini Wheats or Rice Krispies and Boiled Egg</p> <hr/> <p>100% Orange Juice Fresh Banana</p>

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