

NOVEMBER 2018 ELEMENTARY GRAB & GO BREAKFAST

WWW.CPS.EDU/MENU

ALL STUDENTS EAT FREE!

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

5



PANCAKE ON A STICK

OATMEAL RAISIN BAR



DRIED CRANBERRIES
FRESH PEAR



6



FRENCH TOAST STICKS & SYRUP

FRENCH TOAST BAR



CHEERIOS & STRING CHEESE

DICED PEACHES
FRESH ORANGE



7



PANCAKES & MAPLE SYRUP

MANGO BANANA BAR



FROSTED MINI WHEATS & STRING CHEESE

APPLESAUCE
FRESH BANANA



8



WAFFLES & MAPLE SYRUP



STRAWBERRY PARFAIT WITH GRAHAM CRACKERS

CHEERIOS & STRING CHEESE



STRAWBERRIES
FRESH PLUM

9



EGG & CHEESE BAGEL

PB & JELLY GRAHAM CRACKER BAR



BLENDED FRUIT JUICE
FRESH BANANA

12

VETERANS DAY

13



WARM MINI STRAWBERRY CREAMY CHEESE BAGELS

FROSTED MINI WHEATS & STRING CHEESE



DRIED CRANBERRIES
FRESH APPLE

14

HIGH SCHOOL PARENT-TEACHER CONFERENCE DAY

15



PANCAKE ON A STICK

OATMEAL RAISIN BAR



CHEERIOS & STRING CHEESE

DRIED CRANBERRIES
FRESH APPLE



16



STRAWBERRY PANCAKES

FRENCH TOAST BAR



BLENDED FRUIT JUICE
FRESH BANANA

Good Morning! Let's Grab Breakfast.

Breakfast is available for every student, even after the final morning bell rings.

We proudly serve chicken raised with No Antibiotics Ever!

SunButter will be substituted in buildings with 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 offered daily.

We only use heart-healthy whole grain breads.

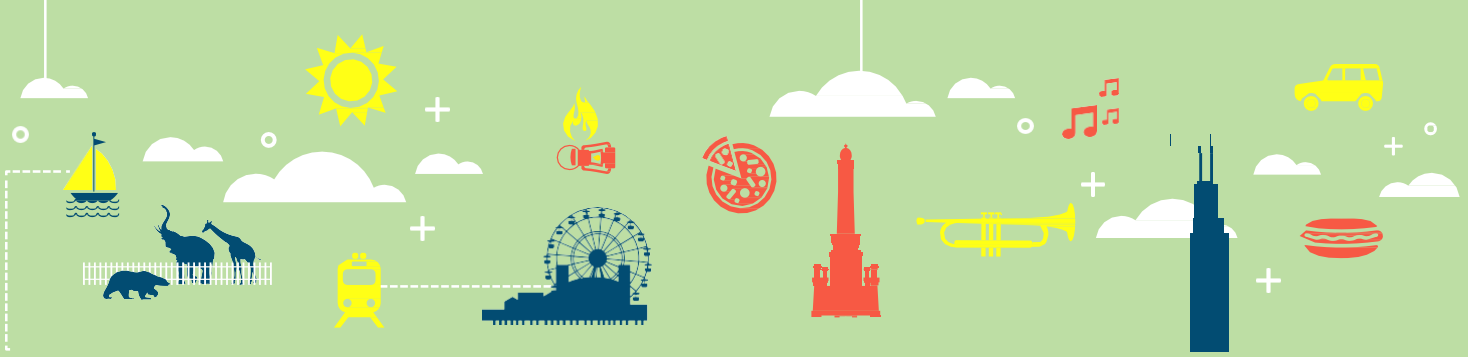
Our milk varieties include 1% low fat and fat-free flavored and unflavored options.

This institution is an equal opportunity provider.

Our menus are pork-free!
All menus are subject to change.
Not all offerings may be available in all buildings.



Questions? Contact us at food@cps.edu



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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|---|
| <p>19</p>  <p>PANCAKE ON A STICK</p>  <p>FRENCH TOAST BAR</p>  <p>DRIED CRANBERRIES FRESH APPLE</p> | <p>20</p>  <p>WARM MINI CINNAMON CREAMY CHEESE BAGELS</p>  <p>OATMEAL RAISIN BAR</p>  <p>CHEERIOS & STRING CHEESE</p>  <p>DICED PEARS FRESH BANANA</p>  | <p>21</p> <p>NO SCHOOL</p> | <p>22</p> <p>THANKSGIVING DAY</p> | <p>23</p> <p>NO SCHOOL</p> |
| <p>26</p>  <p>STRAWBERRY PANCAKES</p>  <p>FRENCH TOAST BAR</p>  <p>DRIED CRANBERRIES FRESH APPLE</p> | <p>27</p>  <p>EGG & CHEESE ENGLISH MUFFIN</p>  <p>PB & JELLY GRAHAM CRACKER BAR</p>  <p>FROSTED MINI WHEATS & STRING CHEESE</p>  <p>DICED PEARS FRESH APPLE</p> | <p>28</p>  <p>FRENCH TOAST STICKS & SYRUP</p>  <p>STRAWBERRY KIWIFRUIT BAR</p>  <p>CHEERIOS & STRING CHEESE</p>  <p>DRIED CRANBERRIES FRESH PEAR</p>  | <p>29</p>  <p>PANCAKE ON A STICK</p>  <p>OATMEAL RAISIN BAR</p>  <p>FROSTED MINI WHEATS & STRING CHEESE</p>  <p>DICED PEARS FRESH APPLE</p> | <p>30</p>  <p>WARM MINI STRAWBERRY CREAMY CHEESE BAGELS</p>  <p>CHEERIOS & STRING CHEESE</p>  <p>BLENDED FRUIT JUICE FRESH APPLE</p>  |

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