

# SEPTEMBER 2018 ELEMENTARY GRAB & GO BREAKFAST

WWW.CPS.EDU/MENU

**ALL STUDENTS EAT FREE!**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3



**NEW!**  
STRAWBERRY  
PANCAKES



**NEW!**  
STRAWBERRY  
CREAM CHEESE  
MINI BAGELS

DRIED CRANBERRIES & FRESH APPLE

4



EGG & CHEESE  
ON ENGLISH MUFFIN

**NEW!**

OATMEAL  
RAISIN BAR



CHEERIOS &  
STRING CHEESE

FRESH PLUM & APPLESAUCE

5

CHERRY FRUDEL



PEACH &  
VANILLA  
YOGURT  
PARFAIT

FRESH APPLE & DICED PEACHES

6



**NEW!**  
FRENCH TOAST  
STICKS & SYRUP



PB & JELLY GRAHAM  
CRACKER BAR

FROSTED MINI  
WHEATS &  
STRING CHEESE



100% FRUIT PUNCH  
FRESH ORANGE

10



PANCAKE  
ON A STICK

**NEW!**

OATMEAL  
RAISIN BAR



CHEERIOS &  
STRING CHEESE

DRIED CRANBERRIES & FRESH PLUM

11



**NEW!**  
GRILLED HAM &  
CHEESE SANDWICH  
WITH TATER TOTS

FRENCH TOAST  
BAR



FRESH ORANGE  
DICED PEACHES

12

**NEW!**  
HOMESTYLE  
WAFFLE & SYRUP



CINNAMON  
CREAM CHEESE  
MINI BAGELS

FROSTED MINI  
WHEATS &  
STRING CHEESE



FRESH BANANA  
APPLESAUCE

13



**NEW!**  
PANCAKE &  
CHICKEN-  
SAUSAGE

PEAR &  
VANILLA  
YOGURT  
PARFAIT



FRESH ORANGE & DICED PEARS

14

APPLE FRUDEL



PB & JELLY GRAHAM  
CRACKER BAR

CHEERIOS &  
STRING CHEESE



100% APPLE 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.

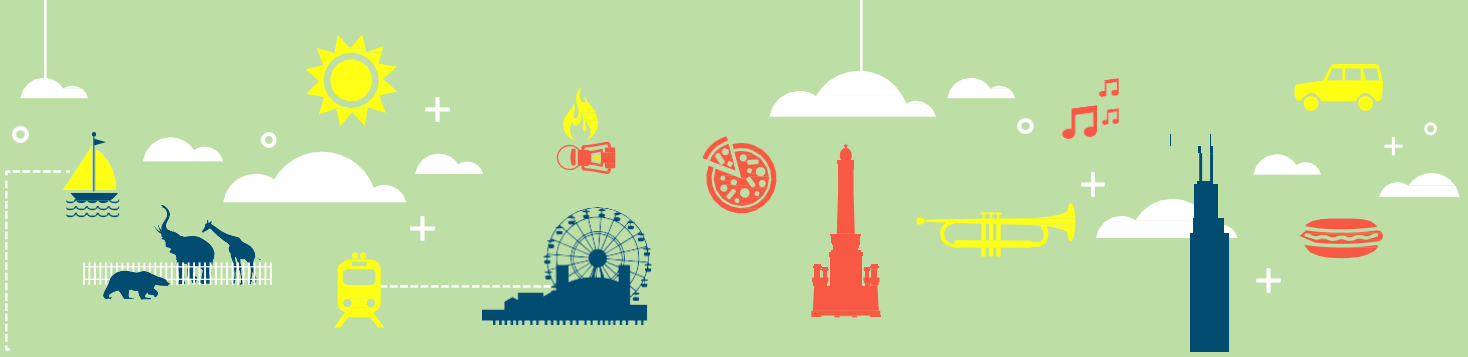
Our milk varieties include 1% low fat and fat-free flavored and unflavored options.

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](mailto:food@cps.edu)



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**ALL STUDENTS EAT FREE!**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

17



PANCAKE  
ON A STICK

FRENCH TOAST  
BAR



FROSTED MINI  
WHEATS &  
STRING CHEESE

DRIED CRANBERRIES & FRESH APPLE

18



EGG & CHEESE  
ON ENGLISH MUFFIN

**NEW!**

STRAWBERRY  
CREAM CHEESE  
MINI BAGELS



FRESH ORANGE & DICED PEARS

19



**NEW!**  
FRENCH TOAST  
STICKS & SYRUP

**NEW!**

OATMEAL  
RAISIN BAR



CHEERIOS &  
STRING CHEESE

FRESH BANANA & APPLESAUCE

20



**NEW!**  
STRAWBERRY  
PANCAKES



PEACH &  
VANILLA  
YOGURT  
PARFAIT



FRESH ORANGE  
DICED PEACHES

21



**NEW!**  
EGG & CHEESE  
ON A BAGEL



PB & JELLY GRAHAM  
CRACKER BAR

FROSTED MINI  
WHEATS &  
STRING CHEESE



**NEW!**  
100% FRUIT JUICE  
FRESH BANANA

24



PANCAKE  
ON A STICK

**NEW!**

OATMEAL  
RAISIN BAR



CHEERIOS &  
STRING CHEESE

DRIED CRANBERRIES & FRESH APPLE

25



**NEW!**  
GRILLED HAM &  
CHEESE SANDWICH  
WITH TATER TOTS

FRENCH TOAST  
BAR



FRESH ORANGE  
DICED PEACHES



26



**NEW!**  
HOMESTYLE  
WAFFLE & SYRUP

CREAM CHEESE  
MINI BAGELS



FROSTED MINI  
WHEATS &  
STRING CHEESE



FRESH BANANA  
APPLESAUCE

27



**NEW!**  
PANCAKE &  
CHICKEN-  
SAUSAGE



PEAR &  
VANILLA  
YOGURT  
PARFAIT

FRESH ORANGE & DICED PEARS

28



APPLE FRUDEL

PB & JELLY GRAHAM  
CRACKER BAR



CHEERIOS &  
STRING CHEESE



100% APPLE JUICE  
FRESH BANANA

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