

OCTOBER 2018 ELEMENTARY GRAB & GO BREAKFAST

WWW.CPS.EDU/MENU

ALL STUDENTS EAT FREE!

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1



NEW!
STRAWBERRY
PANCAKES

FRENCH TOAST
BAR



DRIED CRANBERRIES & FRESH PEAR

2



EGG & CHEESE
ON ENGLISH MUFFIN

PB & JELLY GRAHAM
CRACKER BAR



FROSTED MINI
WHEATS &
STRING CHEESE

FRESH ORANGE & DICED PEARS

NEW!

3



FRENCH TOAST
STICKS & SYRUP

NEW!

STRAWBERRY
KIWI BAR



CHEERIOS
& STRING CHEESE

APPLESAUCE & FRESH BANANA

4



PANCAKE
ON A STICK

NEW!

OATMEAL
RAISIN BAR



FROSTED MINI
WHEATS &
STRING CHEESE

DRIED PEACHES & FRESH PLUM

5

NEW!

EGG & CHEESE
ON A BAGEL



NEW!

STRAWBERRY
CREAM CHEESE
MINI BAGELS



100% APPLE JUICE
& DICED PEACHES

8



9



PANCAKE
ON A STICK

NEW!

OATMEAL
RAISIN BAR



DRIED CRANBERRIES & FRESH PEAR

10

PANCAKES &
MAPLE SYRUP



NEW!

MANGO BANANA
SNACK BAR

FROSTED MINI
WHEATS &
STRING CHEESE



FRESH BANANA
APPLESAUCE

11

NEW!
HOMESTYLE
WAFFLE & SYRUP



CREAM CHEESE
MINI BAGELS

CHEERIOS
& STRING CHEESE



FRESH PLUM & DICED PEARS

12

NEW!

EGG & CHEESE
ON A BAGEL



PB & JELLY GRAHAM
CRACKER BAR

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

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ALL STUDENTS EAT FREE!

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

15

16

17

18

19



NEW!
STRAWBERRY
PANCAKES



EGG & CHEESE
ON ENGLISH MUFFIN



NEW!
FRENCH TOAST
STICKS & SYRUP



PANCAKE
ON A STICK

APPLE FRUDEL



FRENCH TOAST
BAR



PB & JELLY GRAHAM
CRACKER BAR



NEW!
STRAWBERRY
KIWI BAR



NEW!
OATMEAL
RAISIN BAR



NEW!
STRAWBERRY
CREAM CHEESE
MINI BAGELS



FRESH PEAR
DRIED CRANBERRIES



FROSTED MINI
WHEATS &
STRING CHEESE



CHEERIOS &
STRING CHEESE



FROSTED MINI
WHEATS &
STRING CHEESE



100% APPLE JUICE
FRESH BANANA



NEW!
FRENCH TOAST
STICKS & SYRUP

23

PANCAKES &
MAPLE SYRUP



24

NEW!
HOMESTYLE
WAFFLE & SYRUP



25

NEW!
EGG & CHEESE
ON A BAGEL



26



PANCAKE
ON A STICK

FRENCH TOAST
BAR



NEW!
MANGO BANANA
SNACK BAR



PEAR &
VANILLA
YOGURT
PARFAIT



PB & JELLY GRAHAM
CRACKER BAR

NEW!
OATMEAL
RAISIN BAR



CHEERIOS &
STRING CHEESE

FROSTED MINI
WHEATS &
STRING CHEESE



CHEERIOS &
STRING CHEESE



100% FRUIT JUICE
FRESH BANANA

DRIED CRANBERRIES & FRESH PEAR

FRESH ORANGE
DICED PEACHES



FRESH BANANA
APPLESAUCE

FRESH PLUM & DICED PEARS

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>29</p> <p>NEW! STRAWBERRY PANCAKES</p>  <p>FRENCH TOAST BAR</p>  <p>DRIED CRANBERRIES & FRESH PEAR</p>	<p>30</p> <p>NEW! EGG & CHEESE ON ENGLISH MUFFIN</p>  <p>PB & JELLY GRAHAM CRACKER BAR</p>  <p>FROSTED MINI WHEATS & STRING CHEESE</p>  <p>FRESH ORANGE & DICED PEARS</p> 	<p>31</p> <p>FRENCH TOAST STICKS & SYRUP</p>  <p>NEW! STRAWBERRY KIWI SNACK BAR</p>  <p>CHEERIOS & STRING CHEESE</p>  <p>FRESH BANANA & APPLESAUCE</p>	<p>1</p> <p>PANCAKE ON A STICK</p>  <p>NEW! OATMEAL RAISIN BAR</p>  <p>FROSTED MINI WHEATS & STRING CHEESE</p>  <p>FRESH PLUM & DICED PEACHES</p>	<p>2</p> <p>NO CLASSES SCHOOL IMPROVEMENT</p>

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!
- All of this year's new items are CPS student-tested and approved.
- SunButter will be substituted in buildings on peanut-free menus.

All Meals Are **FREE** Every Day!

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