

DECEMBER 2018 ELEMENTARY GRAB & GO BREAKFAST

WWW.CPS.EDU/MENU

ALL STUDENTS EAT FREE!

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|--|
| <p>3</p> <p> PANCAKE ON A STICK</p> <p> FRENCH TOAST BAR</p> <p> DRIED CRANBERRIES FRESH APPLE</p> | <p>4</p> <p> FRENCH TOAST STICKS & SYRUP</p> <p> OATMEAL RAISIN BAR</p> <p> CINNAMON GOLDEN CRISP CEREAL & STRING CHEESE</p> <p> DICED PEARS FRESH BANANA</p> | <p>5</p> <p> WARM MINI CINNAMON CREAMY CHEESE BAGELS</p> <p> MANGO BANANA BAR</p> <p> FROSTED MINI WHEATS & STRING CHEESE</p> <p> FRESH APPLE SLICES FRESH PEAR</p> | <p>6</p> <p> MAPLE MINI WAFFLES</p> <p> STRAWBERRY KIWI BAR</p> <p> CINNAMON VANILLA GRANOLA & STRING CHEESE</p> <p> DRIED CRANBERRIES FRESH APPLE</p> | <p>7</p> <p> EGG & CHEESE BAGEL</p> <p> PB & JELLY GRAHAM CRACKER BAR</p> <p> APPLE JUICE FRESH BANANA</p> |
| <p>10</p> <p> STRAWBERRY PANCAKES</p> <p> FRENCH TOAST BAR</p> <p> DRIED CRANBERRIES FRESH APPLE</p> | <p>11</p> <p> EGG & CHEESE ENGLISH MUFFIN</p> <p> PB & JELLY GRAHAM CRACKER BAR</p> <p>NEW! CINNAMON GOLDEN CRISP CEREAL & STRING CHEESE</p> <p> DICED PEARS FRESH BANANA</p> | <p>12</p> <p> FRENCH TOAST STICKS & SYRUP</p> <p> STRAWBERRY KIWI BAR</p> <p> CHEERIOS & STRING CHEESE</p> <p> FRESH APPLE SLICES FRESH PEAR</p> | <p>13</p> <p> PANCAKE ON A STICK</p> <p> OATMEAL RAISIN BAR</p> <p>NEW! CINNAMON VANILLA GRANOLA & STRING CHEESE</p> <p> DRIED CRANBERRIES FRESH APPLE</p> | <p>14</p> <p> WARM MINI STRAWBERRY CREAMY CHEESE BAGELS</p> <p> FROSTED MINI WHEATS & STRING CHEESE</p> <p> BLENDED FRUIT JUICE FRESH BANANA</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!

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 |
|---|---|---|--|---|
| 17 | 18 | 19 | 20 | 21 |
|  PANCAKE ON A STICK  FRENCH TOAST BAR  DRIED CRANBERRIES FRESH APPLE |  FRENCH TOAST STICKS & SYRUP  OATMEAL RAISIN BAR  NEW! CINNAMON GOLDEN CRISP CEREAL & STRING CHEESE  DICED PEARS FRESH BANANA |  WARM MINI CINNAMON CREAMY CHEESE BAGELS  MANGO BANANA BAR  FROSTED MINI WHEATS & STRING CHEESE  FRESH APPLE SLICES FRESH PEAR |  MAPLE MINI WAFFLES  STRAWBERRY KIWI BAR  NEW! CINNAMON VANILLA GRANOLA & STRING CHEESE  DRIED CRANBERRIES FRESH APPLE |  EGG & CHEESE BAGEL  PB & JELLY GRAHAM CRACKER BAR  APPLE JUICE FRESH ORANGE |

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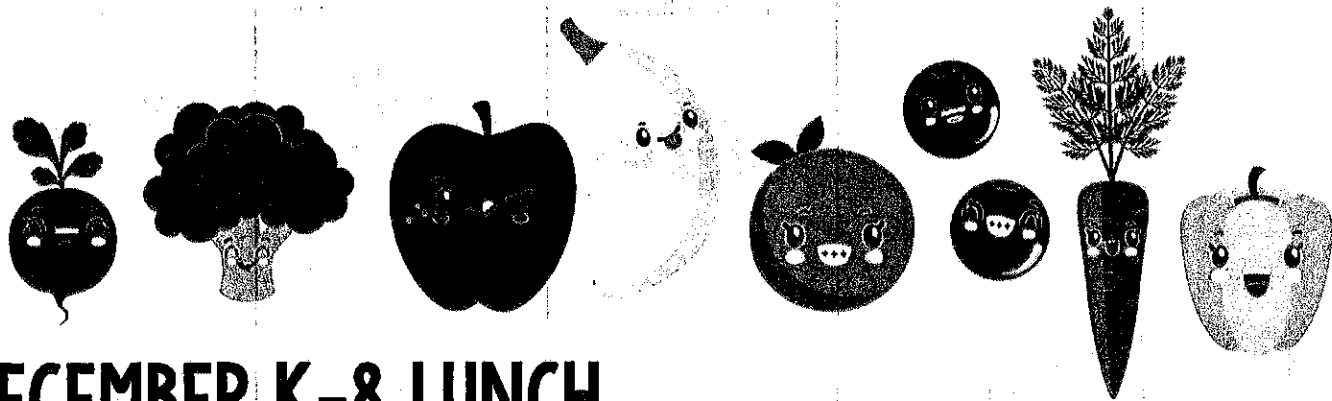
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DECEMBER K-8 LUNCH

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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|---|
|  CHEESE PIZZA (V)  CHICKEN TENDERS WITH BREADSTICK PB & JELLY SANDWICH (V) |  BEEF OR BEAN SOFT TACOS (V) SOUR CREAM · JALAPEÑOS · SALSA  CHEESEBURGER OR HAMBURGER LETTUCE & TOMATO PB & JELLY SANDWICH (V) TUXEDO BEANS FIESTA CORN (L) |  BRUNCH FOR LUNCH! PANCAKES WITH HOMESTYLE CHICKEN PATTIES OR CHEESE OMELET (V)  CHICKEN PATTY SANDWICH LETTUCE & TOMATO PB & JELLY SANDWICH (V) |  CHEF'S SPECIAL BAKED CHICKEN LEG (L) WITH BREADSTICK CHEESE PIZZA STICKS (V) WITH MARINARA SAUCE TURKEY & CHEESE KABOOM! SUB PB & JELLY SANDWICH (V) MASHED POTATOES |  SLOPPY JOE SANDWICH BEAN & CHEESE BURRITO (V) SOUR CREAM · JALAPEÑOS · SALSA PB & JELLY SANDWICH (V) CREAMY COLESLAW FRESH CANTALOUPE |

FRESH AND CUPPED FRUITS & VEGETABLES OFFERED DAILY!

| | | | | |
|--|---|---|--|---|
|  CHEESE PIZZA (V)  CHICKEN TENDERS WITH BREADSTICK PB & JELLY SANDWICH (V) |  CHEESY CHICKEN NACHO BAKE OR BLACK BEAN NACHO BAKE (V) SOUR CREAM · JALAPEÑOS · SALSA  GRILLED CHEESE SANDWICH (V) PB & JELLY SANDWICH (V) SWEET CORN (L) |  SPAGHETTI & CHICKEN MEATBALLS  CHICKEN PATTY SANDWICH LETTUCE & TOMATO PB & JELLY SANDWICH (V) |  ROAST TURKEY WITH MASHED POTATOES AND HOMESTYLE GRAVY BEAN SOFT TACOS (V) SOUR CREAM · JALAPEÑOS · SALSA PB & JELLY SANDWICH (V)  NEW! GINGER CARROTS (L) |  CHEESEBURGER OR HAMBURGER LETTUCE & TOMATO CHEESE PIZZA STICKS (V) WITH MARINARA SAUCE PB & JELLY SANDWICH (V) FRESH CANTALOUPE |
|--|---|---|--|---|

FRESH AND CUPPED FRUITS & VEGETABLES OFFERED DAILY!

COLD DELI OPTIONS OFFERED DAILY

Peanut Butter & Jelly Sandwich* Daily

*SunButter is substituted in buildings with peanut-free menus.

TOPPINGS OFFERED

Dressings: Ranch, Italian & French

Sauces: Ketchup, Mustard, Mayo, Hot Sauce, Tartar Sauce

All of our chicken is raised with **No Antibiotics EVER!**

Fruits and veggies rotate daily and may include: cucumber, celery, broccoli, garden salads, tomato, carrots, apples, oranges, bananas, grapes, melon, cranberries, and other cupped fruits.

*SunButter is substituted in buildings with peanut-free menus.

Vegetarian entrees are identified with (V)
Local products grown within 350 miles are identified with (L)

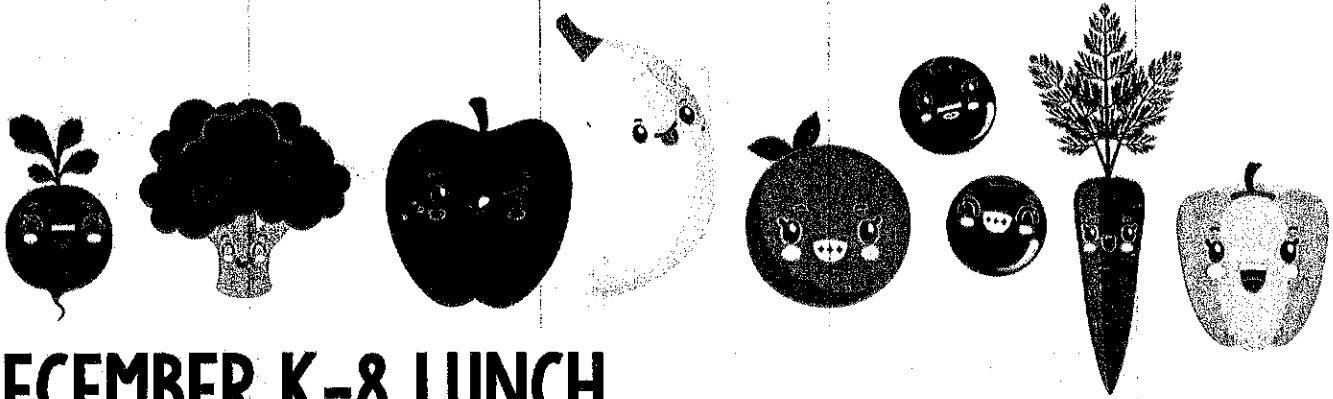
We only use heart-healthy **whole grains**.
 Our **milk** options include 1% lowfat and fat-free milk.



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|--|--|--|--|--|
| 17 | 18 | 19 | 20 | 21 |
|  CHEESE PIZZA (V)  HOT DOG PB & JELLY SANDWICH (V) |  CHEESE QUESADILLA (V) CHICKEN SOFT TACOS OR BEAN SOFT TACOS (V) SOUR CREAM · JALAPEÑOS · SALSA  PB & JELLY SANDWICH (V) SWEET CORN (L) |  CHEESE RAVIOLI WITH BREADSTICK  CHEESEBURGER OR HAMBURGER LETTUCE & TOMATO PB & JELLY SANDWICH (V)  STEAMED BROCCOLI CURLY FRIES |   CHEF'S SPECIAL BAKED CHICKEN LEG (L) WITH YELLOW RICE FISH STICKS WITH BREADSTICK TURKEY & CHEESE KABOOM! SUB PB & JELLY SANDWICH (V) STEAMED CARROTS (L) STEAMED BROCCOLI WARM CINNAMON APPLES |   CHICKEN NUGGETS WITH BREADSTICK CHEESE PIZZA STICKS (V) MARINARA SAUCE PB & JELLY SANDWICH (V) SWEET CORN (L) FRESH CANTALOUPE |

FRESH AND CUPPED FRUITS & VEGETABLES OFFERED DAILY!

COLD DELI OPTIONS OFFERED DAILY

Peanut Butter & Jelly Sandwich* offered daily Monday through Friday

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TOPPINGS OFFERED

Dressings: Ranch, Italian & French

Sauces: Ketchup, Mustard, Mayo, Hot Sauce, Tartar Sauce

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