

# FEBRUARY 2019 K-8 GRAB & GO BREAKFAST

WWW.CPS.EDU/MENU

**ALL STUDENTS EAT FREE!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>4</p> <p>STRAWBERRY PANCAKES</p> <p>FRENCH TOAST BAR</p> <p>DRIED CRANBERRIES FRESH APPLE</p>	<p>5</p> <p>EGG &amp; CHEESE ON ENGLISH MUFFIN</p> <p>PB &amp; JELLY GRAHAM CRACKER BAR</p> <p><b>NEW!</b> CINNAMON VANILLA GRANOLA &amp; STRING CHEESE</p> <p>FRESH ORANGE FRESH BANANA</p>	<p>6</p> <p>FRENCH TOAST STICKS &amp; SYRUP</p> <p>STRAWBERRY KIWI BAR</p> <p>CHEERTOS &amp; STRING CHEESE</p> <p>FRESH APPLE SLICES FRESH PEAR</p>	<p>7</p> <p>PANCAKE ON A STICK</p> <p><b>NEW!</b> APPLE CINNAMON BAR</p> <p><b>NEW!</b> CINNAMON VANILLA GRANOLA &amp; STRING CHEESE</p> <p>DRIED CRANBERRIES FRESH ORANGE</p>	<p>8</p> <p>MINI STRAWBERRY CREAMY CHEESE BAGELS</p> <p>FROSTED MINI WHEATS &amp; STRING CHEESE</p> <p>BLENDED FRUIT JUICE FRESH BANANA</p>
<p>11</p> <p>PANCAKE ON A STICK</p> <p>FRENCH TOAST BAR</p> <p>DRIED CRANBERRIES FRESH APPLE</p>	<p>12</p> <p>WARM MINI STRAWBERRY CHEESE BAGELS</p> <p><b>NEW!</b> APPLE CINNAMON BAR</p> <p><b>NEW!</b> CINNAMON VANILLA GRANOLA &amp; STRING CHEESE</p> <p>BLENDED FRUIT JUICE FRESH ORANGE</p>	<p>13</p> <p>PANCAKES &amp; MAPLE SYRUP</p> <p>MANGO BANANA BAR</p> <p>FROSTED MINI WHEATS &amp; STRING CHEESE</p> <p>FRESH APPLE SLICES FRESH PEAR</p>	<p>14</p> <p>FRENCH TOAST STICKS &amp; SYRUP</p> <p>STRAWBERRY KIWI BAR</p> <p><b>NEW!</b> CINNAMON VANILLA GRANOLA &amp; STRING CHEESE</p> <p>DRIED CRANBERRIES FRESH ORANGE</p>	<p>15</p> <p>EGG &amp; CHEESE BAGEL</p> <p>PB &amp; JELLY GRAHAM CRACKER BAR</p> <p>APPLE 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.

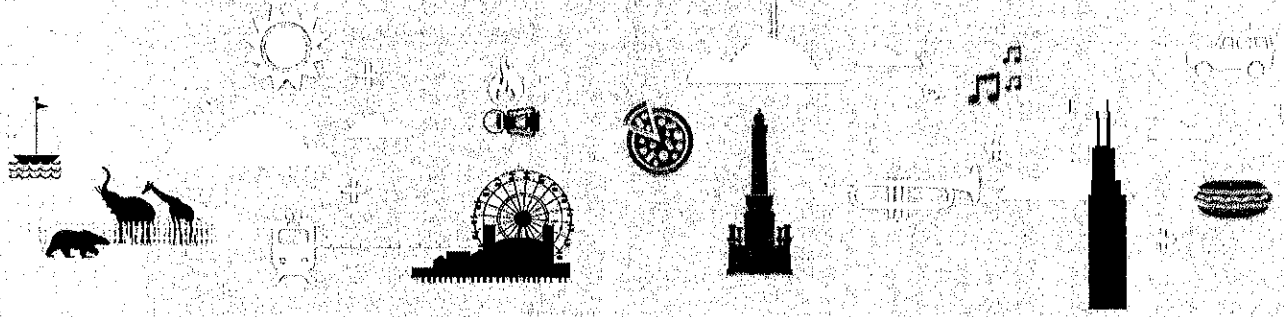
Our milk varieties include 1% low fat and fat-free flavored and unflavored options.

This institution is an equal opportunity provider.



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>18</p> <p>PRESIDENT'S DAY</p>	<p>19</p> <p>STRAWBERRY PANCAKES</p> <p>FRENCH TOAST BAR</p> <p>BLEND FRESH FRUIT JUICE FRESH APPLE</p>	<p>20</p> <p>FRENCH TOAST STICKS &amp; SYRUP</p> <p>STRAWBERRY KIWI BAR</p> <p>CHEERIOS &amp; STRING CHEESE</p> <p>FRESH APPLE SLICES FRESH PEAR</p>	<p>21</p> <p>PANCAKE ON A STICK</p> <p>NEW! APPLE CINNAMON BAR</p> <p>NEW! CINNAMON VANILLA GRANOLA &amp; STRING CHEESE</p> <p>DRIED CRANBERRIES FRESH ORANGE</p>	<p>22</p> <p>MINI STRAWBERRY CREAMY CHEESE BAGELS</p> <p>FROSTED MINI WHEATS &amp; STRING CHEESE</p> <p>APPLE JUICE FRESH BANANA</p>
<p>25</p> <p>PANCAKE ON A STICK</p> <p>FRENCH TOAST BAR</p> <p>DRIED CRANBERRIES FRESH APPLE</p>	<p>26</p> <p>MINI STRAWBERRY CREAMY CHEESE BAGELS</p> <p>NEW! APPLE CINNAMON BAR</p> <p>NEW! CINNAMON VANILLA GRANOLA &amp; STRING CHEESE</p> <p>BLEND FRESH FRUIT JUICE FRESH ORANGE</p>	<p>27</p> <p>PANCAKES &amp; MAPLE SYRUP</p> <p>MANGO BANANA BAR</p> <p>FROSTED MINI WHEATS &amp; STRING CHEESE</p> <p>FRESH APPLE SLICES FRESH PEAR</p>	<p>28</p> <p>FRENCH TOAST STICKS &amp; SYRUP</p> <p>STRAWBERRY KIWI BAR</p> <p>NEW! CINNAMON VANILLA GRANOLA &amp; STRING CHEESE</p> <p>DRIED CRANBERRIES FRESH ORANGE</p>	<p>1</p> <p>EGG &amp; CHEESE BAGEL</p> <p>PB &amp; JELLY GRAHAM CRACKER BAR</p> <p>APPLE JUICE FRESH BANANA</p>

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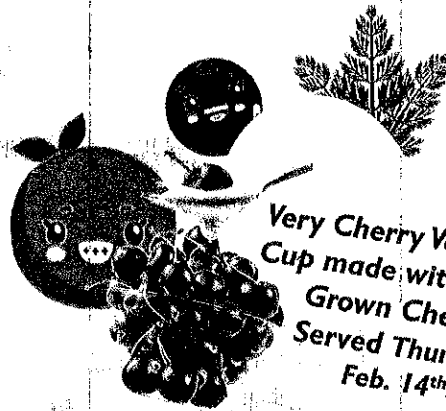
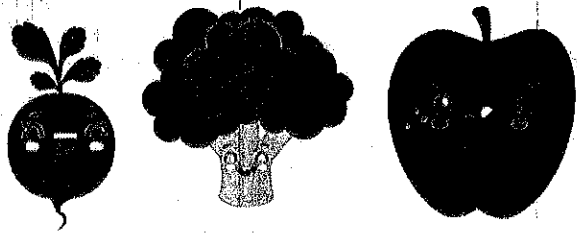
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Very Cherry Valentine's Cup made with Locally Grown Cherries Served Thursday, Feb. 14th!

# FEBRUARY K-8 LUNCH

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>CHEESE PIZZA (V)</p>  <p>CHICKEN TENDERS WITH BREADSTICK</p> <p>PB &amp; JELLY SANDWICH (V)</p>	 <p>CHICKEN OR BEAN TACOS (V) SOUR CREAM · JALAPEÑOS · SALSA</p> <p>GRILLED CHEESE SANDWICH (V)</p> <p>PB &amp; JELLY SANDWICH (V)</p> <p>PINTO CHARRO BEANS</p>	 <p>CHEESE RAVIOLI WITH DINNER ROLL</p> <p>CHEESEBURGER OR HAMBURGER LETTUCE &amp; TOMATO</p> <p>PB &amp; JELLY SANDWICH (V)</p>	 <p>CHICKEN NUGGETS WITH DINNER ROLL</p> <p>BEAN QUESADILLA SOUR CREAM · JALAPEÑOS · SALSA</p> <p><b>NEW!</b> VEGGIE SUB (V) OR VEGGIE SALAD WITH BREADSTICK</p> <p>PB &amp; JELLY SANDWICH (V)</p> <p>POTATO EMOTICONS (L)</p>	<p><b>NEW!</b></p>  <p>CHICKEN FRIED RICE</p>  <p>FISH SANDWICH LETTUCE &amp; TOMATO</p> <p>PB &amp; JELLY SANDWICH (V)</p>

FRESH AND CUPPED FRUITS & VEGETABLES OFFERED DAILY!

 <p>CHEESE PIZZA (V)</p>  <p>HOT DOG</p> <p>PB &amp; JELLY SANDWICH (V)</p>	 <p>BEEF OR BEAN TACOS (V) SOUR CREAM · JALAPEÑOS · SALSA</p> <p>CHEESEBURGER OR HAMBURGER LETTUCE &amp; TOMATO</p> <p>PB &amp; JELLY SANDWICH (V)</p> <p>PINTO CHARRO BEANS</p>	 <p>WAFFLES &amp; MAPLE SYRUP WITH CHOICE OF CHICKEN TENDERS OR SCRAMBLED EGGS (V)</p> <p>PB &amp; JELLY SANDWICH (V)</p> <p>TATER TOTS</p>	 <p>CHEF'S SPECIAL BAKED CHICKEN LEG (L) WITH YELLOW RICE</p> <p>GRILLED CHEESE SANDWICH (V)</p> <p>TURKEY &amp; CHEESE KABOOM SUB</p> <p>PB &amp; JELLY SANDWICH (V)</p> <p> <b>VERY CHERRY VALENTINE CUP (L)</b></p>	<p><b>NEW!</b></p>  <p>BEEFY MAC &amp; CHEESE</p> <p>BEAN &amp; CHEESE BURRITO SOUR CREAM · JALAPEÑOS · SALSA</p> <p>PB &amp; JELLY SANDWICH (V)</p>
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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

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.

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**Vegetarian** entrees are identified with (V)

**Local** products grown within 350 miles are identified with (L)

We only use heart-healthy **whole grains**.

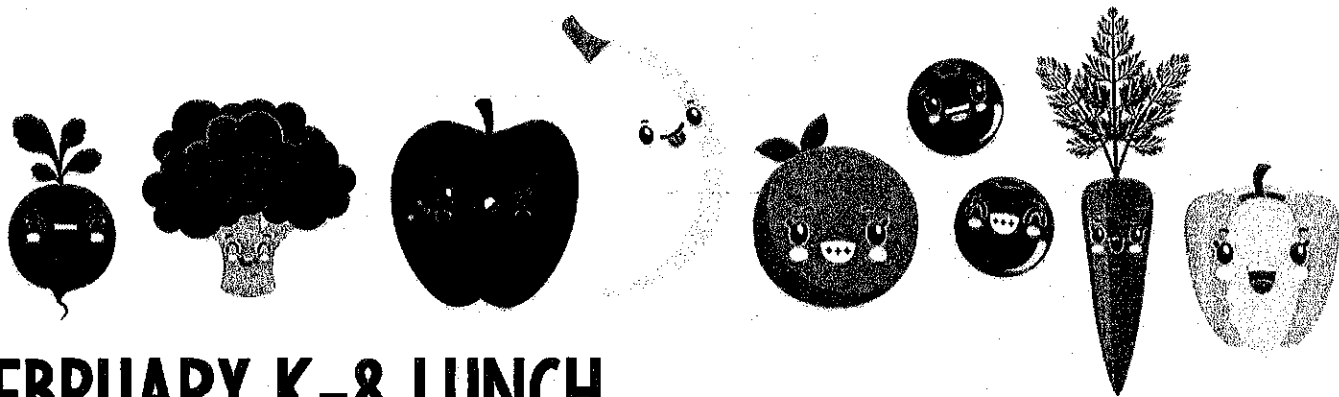
Our **milk** options include 1% lowfat and fat-free milk.



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FRESH AND CUPPED FRUITS & VEGETABLES OFFERED DAILY!				
<p>25</p> <p> CHEESE PIZZA (V)</p> <p>HOT DOG</p> <p>PB &amp; JELLY SANDWICH (V)</p>	<p>26</p> <p>CHICKEN NACHOS OR BEAN NACHOS (V) SOUR CREAM · JALAPEÑOS · SALSA</p> <p>CHEESEBURGER OR HAMBURGER LETTUCE &amp; TOMATO</p> <p>PB &amp; JELLY SANDWICH (V)</p> <p>SWEET CORN (L)</p>	<p>27</p> <p>SPAGHETTI &amp; CHICKEN MEATBALLS</p> <p>GRILLED CHEESE SANDWICH (V)</p> <p>PB &amp; JELLY SANDWICH (V)</p>	<p>28</p> <p> CHEF'S SPECIAL BAKED CHICKEN LEG (L) WITH BREADSTICK</p> <p>CHEESE QUESADILLA SOUR CREAM · JALAPEÑOS · SALSA</p> <p>PB &amp; JELLY SANDWICH (V)</p> <p>CURLY FRIES</p>	<p>1</p> <p>SWEET THAI POPCORN CHICKEN WITH BROWN RICE</p> <p>FISH STICKS WITH BREADSTICK</p> <p>PB &amp; JELLY SANDWICH (V)</p>
FRESH AND CUPPED FRUITS & VEGETABLES OFFERED DAILY!				

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