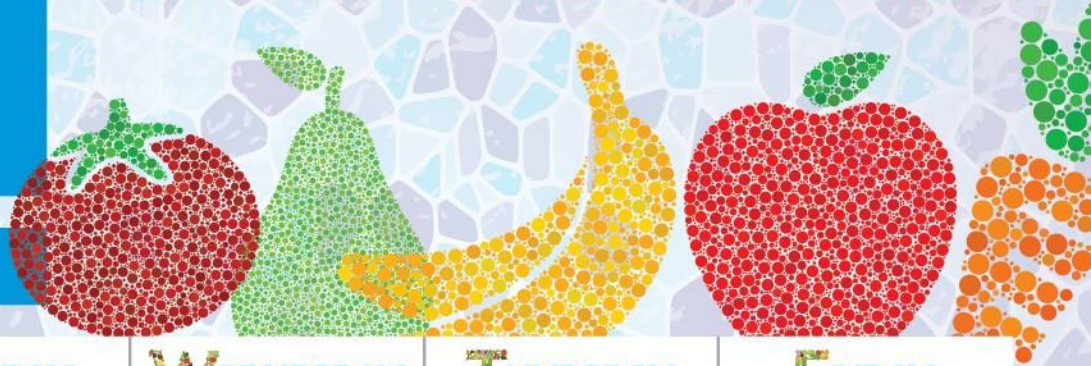


# March K-8 Cold Breakfast

# All Students Eat Free!

[cps.edu/food](http://cps.edu/food)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Blueberry Bagel with Margarine or Grape Jelly </p> <p>Corn Chex with String Cheese </p> <p>Orange Craisins (GF) </p> <p>Apple Slices </p>	<p>3</p> <p>Date &amp; Orange Crunch Bread with String Cheese </p> <p>Rice Krispies with Hard Boiled Egg </p> <p>Fruit Juice </p> <p>Orange </p>	<p>4</p> <p>Blueberry Parfait with Graham Crackers </p> <p>Cheerios with String Cheese </p> <p>Blueberries </p> <p>Pear </p>	<p>5</p> <p>Apple Cinnamon Muffin with String Cheese </p> <p>Rice Chex (GF) with Hard Boiled Egg </p> <p>Apple Juice </p> <p>Orange </p>	<p>6</p> <p>Fruit &amp; Oats Parfait </p> <p>Cheerios with String Cheese </p> <p>Strawberries </p> <p>Craisins </p>

Join us for a nutritious breakfast, every day!

<p>9</p> <p>Mini Maple Brown Sugar Bar with String Cheese </p> <p>Corn Chex with String Cheese </p> <p>Orange Craisins (GF) </p> <p>Apple Slices </p>	<p>10</p> <p>French Toast Bar </p> <p>Cheerios with Hard Boiled Egg </p> <p>Fruit Juice </p> <p>Orange </p>	<p>11</p> <p>Honey Oats Granola Bar </p> <p>Rice Krispies with String Cheese </p> <p>Apple </p> <p>Pear </p>	<p>12</p> <p>Oatmeal Raisin Bar </p> <p>Rice Chex (GF) with Hard Boiled Egg </p> <p>Orange </p> <p>Craisins (GF) </p>	<p>13</p> <p>PB &amp; Jelly Graham Cracker Bar </p> <p>Cheerios with String Cheese </p> <p>Apple Juice </p> <p>Banana </p>
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Fresh fruits offered daily!

### Good Morning! Let's Grab Breakfast.

Breakfast is available for every student, even after the final morning bell rings, through the Illinois *Breakfast After the Bell* program.

Students can simply visit the cafeteria and inform the School Dining Manager that they would like to have breakfast!

Apple

Craisins (GF)

### All Meals Are **FREE** Every Day!

We offer a rotation of vitamin and mineral-rich seasonal fresh & cupped fruits.

Breakfast items like waffles, pancakes, and muffins are made of heart-healthy whole grains.

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



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>16</p> <p>Apple Cherry Bar </p> <p>Corn Chex with String Cheese </p> <p>Cherry Craisins (GF) </p> <p>Apple Slices </p>	<p>17</p> <p>Date &amp; Orange Crunch Bread with String Cheese </p> <p>Rice Krispies with Hard Boiled Egg </p> <p>Fruit Juice </p> <p>Orange </p>	<p>18</p> <p>PB &amp; Jelly Graham Cracker Bar* </p> <p>Strawberry Parfait with Graham Crackers </p> <p>Strawberries </p> <p>Pear </p>	<p>19</p> <p>Apple Cinnamon Muffin with String Cheese </p> <p>Rice Chex (GF) with Hard Boiled Egg </p> <p>Banana </p> <p>Craisins (GF) </p>	<p>20</p> <p>PB &amp; Jelly Graham Cracker Bar* </p> <p>Cheerios (GF) with String Cheese </p> <p>Apple Juice </p> <p>Orange </p>

## Enjoy our Strawberry Parfaits on March 18<sup>th</sup>!

<p>23</p> <p>Mini Maple Brown Sugar Bar with String Cheese </p> <p>Corn Chex with String Cheese </p> <p>Cherry Craisins (GF) </p> <p>Apple Slices </p>	<p>24</p> <p>Blueberry Bagel with Margarine or Grape Jelly </p> <p>Cheerios (GF) with Hard Boiled Egg </p> <p>Fruit Juice </p> <p>Orange </p>	<p>25</p> <p>Honey Oats Granola Bar </p> <p>Rice Krispies with String Cheese </p> <p>Apple </p> <p>Pear </p>	<p>26</p> <p>Oatmeal Raisin Bar </p> <p>Rice Chex (GF) with Hard Boiled Egg </p> <p>Banana </p> <p>Craisins (GF) </p>	<p>27</p> <p>PB &amp; Jelly Graham Cracker Bar* </p> <p>Cheerios (GF) with String Cheese </p> <p>Apple Juice </p> <p>Orange </p>
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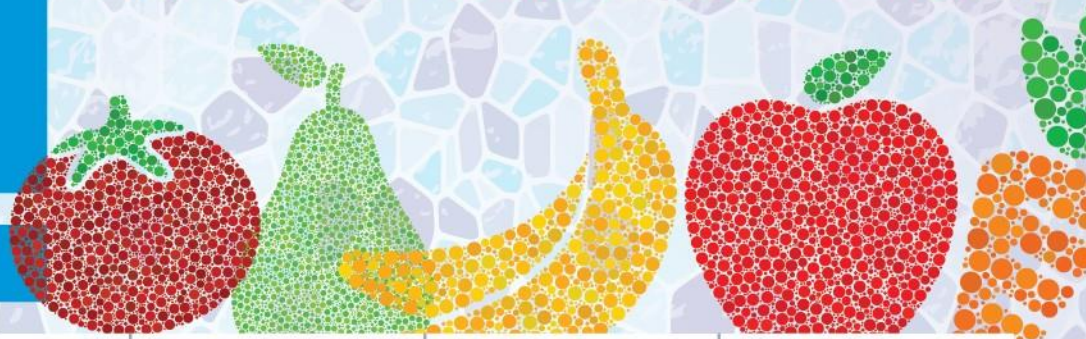






















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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	31	APR 1	2	3
<p>Apple Cherry Bar with String Cheese </p> <p>Corn Chex with String Cheese </p> <p>Apple </p> <p>Cherry Craisins (GF) </p>	<p>Blueberry Muffin with String Cheese </p> <p>Rice Krispies with Hard Boiled Egg </p> <p>Fruit Juice </p> <p>Orange </p>	<p>French Toast Bar </p> <p>Cheerios with String Cheese </p> <p>Banana </p> <p>Apple </p>	<p>Date &amp; Orange Crunch Bread with String Cheese </p> <p>Rice Chex with Hard Boiled Egg </p> <p>Orange </p> <p>Craisins </p>	<p>PB &amp; Jelly Graham Cracker Bar* </p> <p>Rice Krispies with String Cheese </p> <p>Apple Juice </p> <p>Banana </p>

Want to have a great day? Start with a healthy breakfast!

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