

# October K-8 Cold Breakfast

# All Students Eat Free!

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>7</p> <p> Cold Cinnamon Toast Crunch Bar</p> <p> Oatmeal Raisin Bar</p> <p> <b>NEW!</b> Orange Craisins</p> <p>Apple Slices </p>	<p>8</p> <p><b>NEW!</b>  Strawberry Nutri-Grain® Bar with Sting Cheese</p> <p> Cheerios with Hard Boiled Egg</p> <p> Blended Fruit Juice</p> <p>Plum </p>	<p>9</p> <p> Blueberry Muffin with Hard Boiled Egg</p> <p> Frosted Mini Wheats with String Cheese</p> <p> Apple Slices</p> <p>Craisins </p>	<p>10</p> <p><b>NEW!</b>  Apple Cherry Bar</p> <p> Strawberry Frosted Shredded Wheat with Hard Boiled Egg</p> <p>Plum </p> <p>Banana </p>	<p>11</p> <p> PB &amp; Jelly Graham Cracker Bar*</p> <p> Rice Krispies with String Cheese</p> <p> Apple Juice</p> <p>Pear </p>

## Breakfast is a big deal!

<p>14</p> <p> <b>COLUMBUS DAY</b></p> <p>Schools Closed</p>	<p>15</p> <p> French Toast Bar</p> <p> Cheerios with Hard Boiled Egg</p> <p> Blended Fruit Juice</p> <p>Plum </p>	<p>16</p> <p><b>NEW!</b>  Apple Cinnamon Muffin with Yoplait® Strawberry Yogurt</p> <p><b>NEW!</b>  Banana Sesame Crunch Bread with String Cheese</p> <p> Apple Slices</p> <p>Banana </p>	<p>17</p> <p> PB &amp; Jelly Graham Cracker Bar*</p> <p> Strawberry Frosted Shredded Wheat with Hard Boiled Egg</p> <p>Plum </p> <p>Craisins </p>	<p>18</p> <p><b>NEW!</b>  Toasted Bagel with Garden Vegetable Cream Cheese or Grape Jelly</p> <p><b>NEW!</b>  Rice Krispies with String Cheese</p> <p> Apple Juice</p> <p>Banana </p>
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## Fresh fruit 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!

### 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.



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? E-mail us at [food@cps.edu](mailto:food@cps.edu)

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
21 Cold Cinnamon Toast Crunch Bar Oatmeal Raisin Bar NEW! Orange Craisins Apple Slices	22 NEW! Strawberry Nutri-Grain® Bar with Sting Cheese Cheerios with Sting Cheese Blended Fruit Juice Plum	23 Blueberry Muffin with Hard Boiled Egg NEW! Honey Oats Granola Bar Apple Slices Banana	24 NEW! Mini Maple Brown Sugar Bar with String Cheese Strawberry Frosted Shredded Wheat with Sting Cheese Plum Craisins	25 PB & Jelly Graham Cracker Bar* Rice Krispies with Hard Boiled Egg Apple Juice Banana

## Breakfast is a big deal!

28 NEW! Apple Cherry Bar Frosted Mini Wheats with String Cheese NEW! Orange Craisins Apple Slices	29 French Toast Bar Cheerios with Hard Boiled Egg Blended Fruit Juice Plum	30 NEW! Banana Sesame Crunch Bread with String Cheese Strawberry Frosted Shredded Wheat with Sting Cheese Apple Slices Banana	31 NEW! Apple Cinnamon Muffin with Hard Boiled Egg Frosted Mini Wheats with Hard Boiled Egg Plum Craisins	1 NEW! Toasted Bagel with Garden vegetable Cream Cheese or Grape Jelly Rice Krispies with String Cheese Apple Juice Banana
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