

















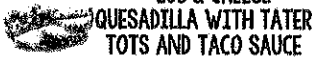





# JUNE 2019 K-8 GRAB & GO BREAKFAST

WWW.CPS.EDU/MENU

**ALL STUDENTS EAT FREE!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b></p> <p>  <b>PANCAKE ON A STICK</b>   <b>FRENCH TOAST BAR</b>   <b>DRIED CRANBERRIES FRESH APPLE</b> </p>	<p><b>4</b></p> <p>  <b>WARM CINNAMON TOAST CRUNCH BAR</b>   <b>APPLE CINNAMON BAR</b>   <b>BLUEBERRY FROSTED SHREDDED WHEAT WITH HARD BOILED EGG</b>   <b>BLENDED FRUIT JUICE FRESH ORANGE</b> </p>	<p><b>5</b></p> <p>  <b>EGG &amp; CHEESE ENGLISH MUFFIN</b>   <b>PB &amp; JELLY GRAHAM CRACKER BAR</b>   <b>FROSTED MINI WHEATS WITH STRING CHEESE</b>   <b>FRESH APPLE SLICES FRESH PEAR</b> </p>	<p><b>6</b></p> <p>  <b>FRENCH TOAST STICKS &amp; MAPLE SYRUP</b>   <b>BLUEBERRY MUFFIN WITH STRING CHEESE</b>   <b>STRAWBERRY FROSTED SHREDDED WHEAT WITH HARD BOILED EGG</b>   <b>DRIED CRANBERRIES FRESH ORANGE</b> </p>	<p><b>7</b></p> <p>  <b>MAPLE MINI WAFFLES</b>   <b>STRAWBERRY KIWI BAR</b>   <b>APPLE JUICE FRESH BANANA</b> </p>
<p><b>10</b></p> <p>  <b>STRAWBERRY PANCAKES</b>   <b>FRENCH TOAST BAR</b>   <b>DRIED CRANBERRIES FRESH APPLE</b> </p>	<p><b>11</b></p> <p>  <b>EGG &amp; CHEESE BAGEL</b>   <b>PB &amp; JELLY GRAHAM CRACKER BAR</b>   <b>BLUEBERRY FROSTED SHREDDED WHEAT WITH HARD BOILED EGG</b>   <b>APPLE JUICE FRESH ORANGE</b> </p>	<p><b>12</b></p> <p>  <b>WARM MINI STRAWBERRY CREAMY CHEESE BAGELS</b>   <b>MANGO BANANA BAR</b>   <b>CHEERIOS WITH STRING CHEESE</b>   <b>FRESH APPLE SLICES FRESH PEAR</b> </p>	<p><b>13</b></p> <p>  <b>EGG &amp; CHEESE QUESADILLA WITH TATER TOTS AND TACO SAUCE</b>   <b>APPLE CINNAMON BAR</b>   <b>STRAWBERRY FROSTED SHREDDED WHEAT WITH HARD BOILED EGG</b>   <b>DRIED CRANBERRIES FRESH ORANGE</b> </p>	<p><b>14</b></p> <p>  <b>CINNAMON FRENCH TOAST</b>   <b>FROSTED MINI WHEATS WITH STRING CHEESE</b>   <b>BLENDED FRUIT JUICE FRESH BANANA</b> </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.

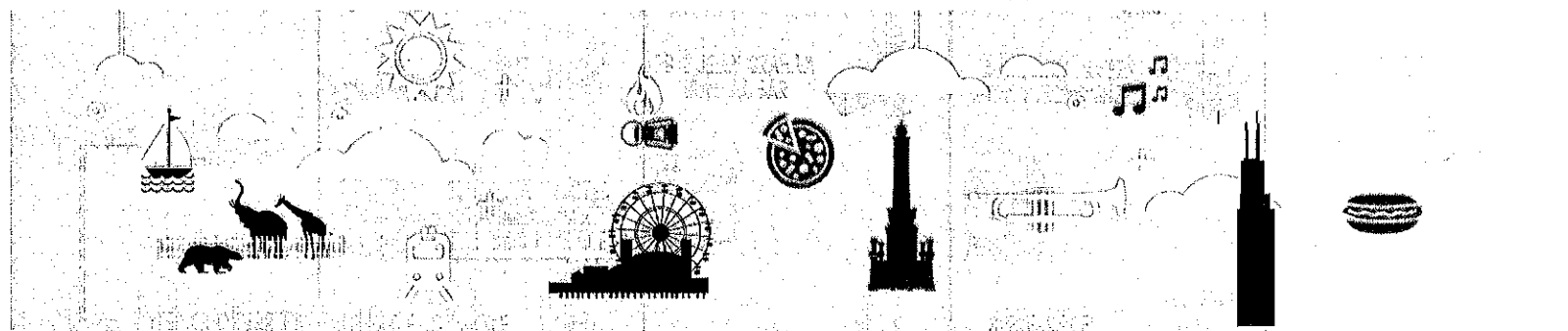
Vegetarian entrees are offered daily.

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 building



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**LL STUDENTS EAT FREE!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>17</p> <p> PANCAKE ON A STICK</p> <p> FRENCH TOAST BAR</p> <p> DRIED CRANBERRIES FRESH APPLE</p>	<p>18</p> <p> WARM CINNAMON TOAST CRUNCH BAR</p> <p> APPLE CINNAMON BAR</p> <p> BLUEBERRY FROSTED SHREDDED WHEAT WITH HARD BOILED EGG</p> <p> BLENDED FRUIT JUICE FRESH ORANGE</p>	<p>19</p> <p> EGG &amp; CHEESE ENGLISH MUFFIN</p> <p> PB &amp; JELLY GRAHAM CRACKER BAR</p> <p> FROSTED MINI WHEATS WITH STRING CHEESE</p> <p> FRESH APPLE FRESH PEAR</p>	<p>20</p> <p> FRENCH TOAST STICKS WITH MAPLE SYRUP</p> <p> BLUEBERRY MUFFIN WITH STRING CHEESE</p> <p> STRAWBERRY FROSTED SHREDDED WHEAT WITH HARD BOILED EGG</p> <p> APPLE JUICE FRESH ORANGE</p>	

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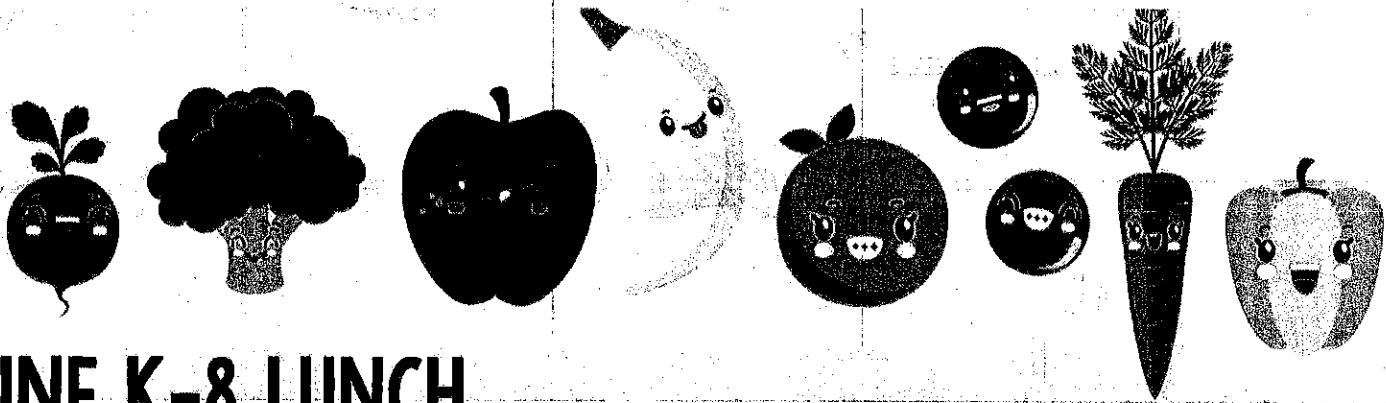
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Questions? Contact us at [food@cps.ed](mailto:food@cps.ed)



# JUNE K-8 LUNCH

ALL STUDENTS EAT FREE! • WWW.CPS.EDU/FOOD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 CHEESE PIZZA (V)	 CHICKEN OR BEAN TACOS (V) SOUR CREAM · JALAPEÑOS · SALSA	 *OLD SCHOOL* GRILLED TURKEY-BOLOGNA & CHEESE SANDWICH	 BAKED CHICKEN DRUMSTICK (L) WITH BREADSTICK	 CHEESEBURGER OR HAMBURGER LETTUCE & TOMATO
 CHICKEN NUGGETS WITH DINNER ROLL	PB & JELLY SANDWICH (V) SWEET CORN (L) CHARRO PINTO BEANS	 GRILLED CHEESE SANDWICH (V) ORANGE & GRAPE MEDLEY	EGG CHEF SALAD (V) OR EGG SALAD SANDWICH (V) WITH BREADSTICK PB & JELLY SANDWICH (V) CHEDDAR MASHED POTATOES	DELUXE FISH SANDWICH WITH SWEET HEAT SAUCE PB & JELLY SANDWICH (V) CANTALOUPE & HONEYDEW
A VARIETY OF FRUITS & VEGETABLES OFFERED DAILY				
 CHEESE PIZZA STICKS (V) WITH MARINARA	 BEEF OR BEAN TACOS (V) SOUR CREAM · JALAPEÑOS · SALSA	 <b>BRUNCH FOR LUNCH!</b> WAFFLES & MAPLE SYRUP CHEESY SCRAMBLED EGGS (V) OR NEW MEXICAN-STYLE EGG SCRAMBLE (V)	 BAKED CHICKEN DRUMSTICK (L) WITH BREADSTICK	 DELUXE FISH SANDWICH WITH SWEET HEAT SAUCE
 CHICKEN TENDERS WITH BREADSTICK STEAMED CARROTS STEAMED BROCCOLI	PB & JELLY SANDWICH (V) SWEET CORN (L) CHARRO BEANS	TATER TOTS STEAMED BROCCOLI ORANGE & GRAPE MEDLEY	PB & JELLY SANDWICH (V) CHEDDAR MASHED POTATOES GREEN BEANS	GRILLED CHEESE SANDWICH (V) CANTALOUPE & HONEYDEW STEAMED CARROTS STEAMED BROCCOLI
A VARIETY OF 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!**

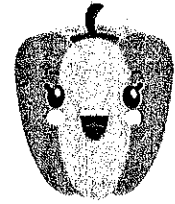
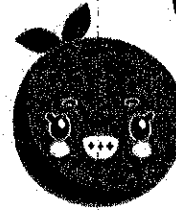
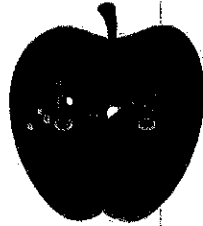
Fruits and veggies rotate daily and may include: cucumber, celery, broccoli, garden salads, tomato, carrots, apples, oranges, bananas, grapes, melon, cranberries, and other cupped fruits.

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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.



# JUNE K-8 LUNCH

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 17 CHEESE PIZZA (V)  HOT DOG STEAMED BROCCOLI STEAMED CARROTS	 18 CHICKEN NACHOS OR VEGETARIAN NACHOS (V) SOUR CREAM • JALAPEÑOS • SALSA PB & JELLY SANDWICH (V) SWEET CORN (L) CHARRO PINTO BEANS	 19 BEEFY MAC & CHEESE OR BAKED MAC & CHEESE (V) WITH BREADSTICK STEAMED BROCCOLI STEAMED GREEN BEANS	 20 NEW! HOT 'N' SPICY CHICKEN PATTY SANDWICH (OR PLAIN) WITH LETTUCE & TOMATO CHEESE QUESADILLA (V) SOUR CREAM • JALAPEÑOS • SALSA CHEDDAR MASHED POTATOES STEAMED CARROTS	

A VARIETY OF FRUITS & VEGETABLES OFFERED DAILY!

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