


K-12 GNG BREAKFAST

OCTOBER 2021

Monday	Tuesday	Wednesday	Thursday	Friday
4	5	6	7	8
Blueberry Waffles	Chicken Sausage English Muffin	Cherry Frudel	Sunnyside Quesadilla w/ Salsa	Triple Berry French Toast
Oatmeal Raisin Breakfast Bar	Rice Krispies w/ String Cheese	Yogurt w/ Graham Crackers	Raspberry Lemon Oat Bar	Carrot Bread w/ Hard Boiled Egg
Apple Slices Dried Cranberries	Orange Juice Pear	Strawberries Banana	Dried Cranberries Orange	Apple Slices Banana

Start your morning with breakfast and a smile!

11	12	13	14	15
 <p>Columbus Day</p> <p>No school</p>	Maple Waffles	Chicken-Ham & Cheese Biscuit	Grape Crescent	Cheesy Egg Bites w/ Toast
	Apple Cinnamon Muffin w/ Hard-Boiled Egg	Honey Oat Granola Bar	Cinnamon Chex w/ String Cheese	French Toast Breakfast Bar
	Orange Pear	Blended Fruit Juice Apple	Blueberries Orange	Apple Slices Banana

Fresh fruit offered daily!

All grain/bread items served are **Whole Grain Rich**.
Our **milk** options include 1% and fat-free.

This institution is an equal opportunity provider.
Not all offerings may be available in all buildings and menus are
subject to change.

Questions? E-mail us at food@cps.edu!

Thank you for
dining with us!



K-12 GNG BREAKFAST

OCTOBER 2021

Monday	Tuesday	Wednesday	Thursday	Friday
18	19	20	21	22
Blueberry Bagel w/ Cream Cheese	Chicken-Sausage English Muffin	Blueberry Muffin Top w/ String Cheese	Egg & Cheese Biscuit	Cherry Frudel
Rice Krispies w/ Hard-Boiled Egg	Oatmeal Raisin Breakfast Bar	Corn Chex w/ Hard-Boiled Egg	Carrot Bread w/ String Cheese	Apple Cherry Breakfast Bar
Dried Cranberries Apple	Pear Orange Juice	Orange Banana	Apple Slices Dried Cranberries	Banana Orange

Eating breakfast boosts brain power!

25	26	27	28	29
Veggie Sausage English Muffin	Triple Berry French Toast	Chicken-Ham & Cheese Biscuit	Maple Waffles	Cinnamon Oatmeal
Honey Bunches of Oats w/ String Cheese	Banana Muffin w/ Hard-Boiled Egg	Orange Vanilla Breakfast Bar	Cheerios w/ String Cheese	French Toast Breakfast Bar
Dried Cranberries Apple	Blueberries Pear	Blended Fruit Juice Apple	Pear Dried Cranberries	Apple Slices Banana

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K-8 Lunch

October 2021




Monday	Tuesday	Wednesday	Thursday	Friday
4	5	6	7	8
Chicken Nugget Mashed Potato Bowl w/ Gravy Egg, Cheese & Cracker Kit (V) Mashed Potatoes Chilled Sweet Corn Pear Orange	Spaghetti w/ Beef or Chickpea Marinara Sauce Chicken-Ham & Cheese Sandwich Three Bean Salad Fresh Broccoli Apple Banana	Egg Fried Rice (V) w/ Breadstick Baja Chicken Salad w/ Go'Bonzo's Chickpeas & Breadstick Cucumber Slices Baby Carrots Strawberry Craisins Pear	Roasted Butternut Squash & Black Bean Chili w/ Breadstick Protein Crunch Kit includes Chickpea Salad, Crackers, Celery Sticks Roasted Butternut Squash Celery Sticks Apples Slices Banana	Cheese Pizza (V) or Turkey-Pepperoni Pizza Turkey & Cheese Kaboom Sub Side Salad Baby Carrots Orange Strawberry Craisins

Try our National School Lunch Week offerings October 12th – 15th!

11	12	13	14	15
 No School	Chicken Patty Waffle Sandwich Grilled Cheese Sandwich (V) Emoji Potatoes Coleslaw Banana Apple Slices	 Peri-Peri Chicken Drumstick w/ Breadstick Veggie Cheese Sub w/ Garlic Mayo Butternut Squash Side Salad Orange Pear	Ramen Noodle Bowl w/ Black Beans Protein Crunch Kit w/ Bean Dip, Crackers & Celery Sticks Fresh Broccoli Celery Sticks Apple Strawberry Craisins	Jerk Chicken Tacos or Lentil Tacos Chicken-Ham, Turkey-Pastrami, Turkey-Salami & Cheddar Cheese Sub Bean Salsa Cool Cucumber Salad Pear Orange

We are recognizing World Food Day on 10/13 with Peri-Peri Chicken

All chicken served is **No Antibiotic Ever**.
 Our menus are **pork-free**.
Plant-forward or meatless entrees are identified by (V).
Local produce grown within 350 miles is identified by (L).
 Menus containing **fish** are identified with 
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K-8 Lunch

October 2021




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Chicken Tenders w/ Creamy Greek Dip Protein Crunch Kit includes Chickpea Salad, Crackers, & Baby Carrots Cucumber Salad Baby Carrots Pear Orange	Cheeseburger Meatloaf w/ Gravy & Breadstick Vegetarian Baja Salad w/ Go'Bonzos's Chickpeas & Breadstick Seasoned Corn Fresh Broccoli Apple Banana	Butternut Squash Burrito Bowl with Beef or Bean (V) & Seasoned Rice Turkey & Cheese Sandwich Roasted Butternut Squash Celery Sticks Strawberry Craisins Pear	Lentil Joe Sandwich Protein Crunch Kit includes Yogurt, Go'Bonzo's Chickpeas, & Crackers Carrots Three Bean Salad Banana Orange	Cheese Pizza Crunchers (V) w/ Marinara Chicken Caesar Wrap Side Salad Cucumber Slices Apple Slices Pear

CPS meals are free to all students, daily!

25	26	27	28	29
Hot Dog Egg Salad Sandwich (V) Campfire Beans Celery Sticks Pear Orange	Chicken or Bean (V) Quesadilla Salsa Turkey, Chicken-Ham & Cheese Sandwich Confetti Corn Salad Cucumber Slices Apple Banana	Jerk Chicken Drumstick w/Breadstick Veggie Cheese Sub (V) Side Salad Baby Carrots Strawberry Craisins Pear	Vegetarian Shepherd's Pie w/ Mashed Potatoes & Breadstick Grilled Cheese Sandwich (V) Protein Crunch Kit includes Chickpea Salad & Crackers Mashed Potatoes Cucumber Slices Apple Slices Blueberries	Fish Sticks w/ Herbed Quinoa & Rice Blend Cheese Pizza (V) Celery Sticks Fresh Broccoli  Eek! Sorbet Cup Strawberry Craisins

Try a yummy, frozen, pre-Halloween treat on October 29th!

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