

Chicago Public Schools K-8 Breakfast Menu

Not all offerings may be available in all buildings

Aug 26 Egg & Sausage* Breakfast Sandwich ☑ Assorted Cereals with Graham Crackers <i>side items</i> Pineapple Tidbits Fresh Orange <i>Milk Variety</i>	27 ☑ French Toast Sticks ☑ Banana Sweet Bread with Mozzarella Cheese Stick <i>side items</i> Fresh Apple Wedges Orange Juice <i>Milk Variety</i>	28 Breakfast Sausage* Pizza ☑ Assorted Cereals with Graham Crackers <i>side items</i> Fruit Cocktail Fresh Banana <i>Milk Variety</i>	29 ☑ Strawberry Flavored Pancakes ☑ Bagel with Cream Cheese <i>side items</i> Applesauce Fresh Fruit Cup <i>Milk Variety</i>	30 ☑ Egg and Cheese Biscuit Sandwich ☑ Assorted Cereals with Graham Crackers <i>side items</i> Seasonal Fruit Selection Diced Peaches <i>Milk Variety</i>
Sept 2  No School	3 ☑ French Toast Sticks ☑ Breakfast Peanut Butter And Jelly Sandwich** <i>side items</i> Fresh Apple Wedges Diced Peaches <i>Milk Variety</i>	4 ☑ Breakfast Egg & Cheese Burrito ☑ Assorted Cereals with Graham Crackers <i>side items</i> Fresh Banana Applesauce <i>Milk Variety</i>	5 ☑ Breakfast Chicken Biscuit Sandwich ☑ Blueberry Muffin with Mozzarella Cheese Stick <i>side items</i> Fresh Fruit Salad Orange Juice <i>Milk Variety</i>	6 ☑ Egg & Cheese Bagel Sandwich ☑ Assorted Cereals with Graham Crackers <i>side items</i> Seasonal Fruit Selection Fresh Fruit Cup <i>Milk Variety</i>
09 Egg & Sausage* Breakfast Sandwich ☑ Assorted Cereals with Mozzarella Cheese Stick <i>side items</i> Fresh Orange Pineapple Tidbits <i>Milk Variety</i>	10 ☑ French Toast Sticks ☑ Banana Sweet Bread with Mozzarella Cheese Stick <i>side items</i> Fresh Apple Wedges Orange Juice <i>Milk Variety</i>	11 Breakfast Corndog* ☑ Assorted Cereals with Graham Crackers <i>side items</i> Fresh Banana Fruit Cocktail <i>Milk Variety</i>	12 ☑ Strawberry Flavored Pancakes ☑ Breakfast Peanut Butter and Jelly Sandwich** <i>side items</i> Fresh Fruit Salad Applesauce <i>Milk Variety</i>	13 ☑ Egg & Cheese Bagel Sandwich ☑ Assorted Cereals with Graham Crackers <i>side items</i> Seasonal Fruit Selection Diced Peaches <i>Milk Variety</i>
16 Egg & Sausage* Breakfast Sandwich ☑ Assorted Cereals with Mozzarella Cheese Stick <i>side items</i> Pineapple Tidbits Fresh Orange <i>Milk Variety</i>	17 ☑ Breakfast Sausage* Pizza ☑ Blueberry Muffin with Mozzarella Cheese Stick <i>side items</i> Fresh Apple Wedges Diced Peaches <i>Milk Variety</i>	18 ☑ Blueberry Waffles ☑ Assorted Cereals with Mozzarella Cheese Stick <i>side items</i> Fresh Banana Applesauce <i>Milk Variety</i>	19 ☑ Breakfast Egg & Cheese Burrito ☑ Bagel with Cream Cheese <i>side items</i> Fresh Fruit Salad Orange Juice <i>Milk Variety</i>	20 ☑ Breakfast Chicken Biscuit Sandwich ☑ Assorted Cereals with Mozzarella Cheese Stick <i>side items</i> Seasonal Fruit Selection Fruit Cocktail <i>Milk Variety</i>
23 Egg & Sausage* Breakfast Sandwich ☑ Assorted Cereals with Graham Crackers <i>side items</i> Fresh Orange Pineapple Tidbits <i>Milk Variety</i>	24 ☑ Triple Berry French Toast Sticks ☑ Banana Sweet Bread with Mozzarella Cheese Stick <i>side items</i> Fresh Apple Wedges Orange Juice <i>Milk Variety</i>	25 Breakfast Corndog* ☑ Assorted Cereals with Graham Crackers <i>side items</i> Fresh Banana Fruit Cocktail <i>Milk Variety</i>	26 ☑ Maple Flavored Pancakes ☑ Breakfast Peanut Butter and Jelly Sandwich** <i>side items</i> Fresh Fruit Salad Applesauce <i>Milk Variety</i>	27 ☑ Egg & Cheese Bagel Sandwich ☑ Assorted Cereals with Graham Crackers <i>side items</i> Seasonal Fruit Selection Diced Peaches <i>Milk Variety</i>



Breakfast is the Most Important Meal of the Day!

- Menu subject to change
- (*) ALL products are pork - free
- ** In Peanut-Free Buildings, SunButter™ will be substituted

W All Items are Made with Heart-Healthy Whole Grains
C Features Ingredients & Flavors Born in Chicago

V Ovo-Lacto Vegetarian, may contain Egg & Dairy
L Local ingredients are always used when in season

A balanced breakfast includes an entrée, fruit & milk



Fruit and Vegetable Cart

Fruits are nature's desserts. They are sweet and packed with important and vital vitamins, carbohydrates, minerals, and carbohydrates. Many are excellent sources of fiber.



Grain Choice
 We use only heart-healthy whole grain breads and rolls




Milk Choice
 Varieties include 1% low fat & fat-free choices



Chicago Public Schools K-8 Lunch Menu

Not all items may be available in all buildings

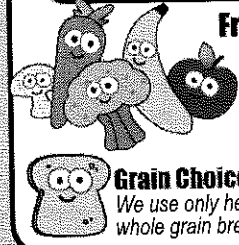
Aug 26 Chicken Nuggets with Breadstick ☑ Dippin' Mozzarella Sticks Chicken Ranch Wrap ☑ Assorted Chef Salads <i>side items</i> ☐ L Sweet Golden Corn ● Fresh Broccoli Fruit Cocktail Fresh Apple Wedges	27 Italian Meatball Hoagie Cheeseburger All-American Sandwich* ☑ Assorted Chef Salads <i>side items</i> ● Sweet Potato French Fries ☐ Celery Sticks Mandarin Oranges Seasonal Fresh Fruit	28 Chicken Soft Taco with Mexican Rice ☑ Chicago Style Hot Dog* Turkey & Cheese Wrap ☑ Assorted Chef Salads <i>side items</i> ● BBQ Black Beans ● Baby Carrots Pineapple Tidbits Orange Wedges	29 ☑ Macaroni and Cheese Chicken Sandwich Stacked Ham & Cheese* ☑ Assorted Chef Salads <i>side items</i> ● Seasoned Green Beans ☐ Tomato & Cucumber Diced Peaches Fresh Banana	30 Pepperoni Pizza* ☑ Toasted Cheese Sandwich Stacked Turkey Sandwich ☑ Assorted Chef Salads <i>side items</i> ● Collard Greens ● Garden Salad Diced Peaches Fresh Fruit Cup
Sept 2  No School	3 ☑ Chicago-Style Hot Dog ☑ Chicago-Style Beef Sandwich Chicken Ranch Wrap ☑ Assorted Chef Salads <i>side items</i> ☐ French Fries ● Baby Carrots Mandarin Oranges Seasonal Fresh Fruit	4 Beef and Bean Tacos Comdog* Turkey & Cheese Wrap ☑ Assorted Chef Salads <i>side items</i> ● Vegetarian Baked Beans ☐ Celery Sticks Fruit Cocktail Fresh Orange Wedges	5 ☑ Twisted Spaghetti with Breadstick Chicken Sandwich Stacked Ham & Cheese* ☑ Assorted Chef Salads <i>side items</i> ● Steamed Broccoli ● Italian Tomatoes Diced Peaches Fresh Banana	6 ☑ Cheese Pizza Fish Nuggets Stacked Turkey Sandwich ☑ Assorted Chef Salads <i>side items</i> ● Glazed Carrots ● Garden Salad Applesauce Fresh Fruit Cup
9 Stacked Pancakes & Sausage Patty* ☑ Dippin' Mozzarella Sticks Chicken Ranch Wrap ☑ Assorted Chef Salads <i>side items</i> ☐ Tater Tots ● Fresh Broccoli Fruit Cocktail Fresh Apple Slices	10 Cheesy Baked Potato with Tortilla Chips Cheeseburger All-American Sandwich* ☑ Assorted Chef Salads <i>side items</i> ● Cinnamon Sweet Potatoes ☐ Celery Sticks Mandarin Oranges Seasonal Fresh Fruit	11 Chicken Fajita ☑ Chicago Style Hot Dog* Turkey & Cheese Wrap ☑ Assorted Chef Salads <i>side items</i> ● Refried Beans ● Baby Carrots Pineapple Tidbits Fresh Orange Wedges	12 ☑ Cheesy Baked Penne Pasta Chicken Sandwich Stacked Ham & Cheese* ☑ Assorted Chef Salads <i>side items</i> ● Fresh Local Green Beans ☐ Tomato & Cucumber Diced Peaches Fresh Banana	13 Pepperoni Pizza* ☑ Toasted Cheese Sandwich Stacked Turkey Sandwich ☑ Assorted Chef Salads <i>side items</i> ● Orange-Glazed Carrots ● Garden Salad Applesauce Fresh Fruit Cup
16 ☑ Chicago-Style Beef Sandwich <i>ok</i> Chicken Nuggets Chicken Ranch Wrap ☑ Assorted Chef Salads <i>side items</i> ☐ L Garden Green Peas ● Baby Carrots Fruit Cocktail Fresh Apple Wedges	17 <i>Diced chex</i> ☑ BBQ Chicken with Cornbread Cheeseburger <i>- 1</i> All-American Sandwich* ☑ Assorted Chef Salads <i>side items</i> ● Collard Greens ☐ Cucumber Slices Pineapple Tidbits Seasonal Fresh Fruit	18 Nacho Bar with Mexican Rice <i>-</i> Comdog* Turkey & Cheese Wrap ☑ Assorted Chef Salads <i>side items</i> ● Charro Beans ☐ Celery Sticks Fruit Cocktail Fresh Oranges Wedges	19 Italian Penne Pasta with Meatballs <i>- 1</i> Chicken Sandwich <i>-</i> Stacked Ham & Cheese* ☑ Assorted Chef Salads <i>side items</i> ● Steamed Broccoli ● Italian Tomatoes Diced Peaches Fresh Banana	20 ☑ Cheese -- 2 Pizza Fish Nuggets <i>- 1</i> Stacked Turkey Sandwich ☑ Assorted Chef Salads <i>side items</i> ● Glazed Carrots ● Garden Salad Applesauce Fresh Fruit Cup
23 Chicken Nuggets with Breadstick <i>- ok</i> ☑ Dippin' Mozzarella Sticks Chicken Ranch Wrap ☑ Assorted Chef Salads <i>side items</i> ☐ L Sweet Golden Corn ● Fresh Broccoli Fruit Cocktail Fresh Apple Wedges	24 Italian Meatball Hoagie Cheeseburger All-American Sandwich* ☑ Assorted Chef Salads <i>side items</i> ● Sweet Potato French Fries ☐ Celery Sticks Mandarin Oranges Seasonal Fresh Fruit	25 Chicken Soft Taco with Mexican Rice ☑ Chicago Style Hot Dog* Turkey & Cheese Wrap ☑ Assorted Chef Salads <i>side items</i> ● BBQ Black Beans ● Baby Carrots Pineapple Tidbits Fresh Orange Wedges	26 ☑ Macaroni and Cheese Chicken Sandwich Stacked Ham & Cheese* ☑ Assorted Chef Salads <i>side items</i> ● Seasoned Green Beans ☐ Tomato & Cucumber Diced Peaches Fresh Banana	27 Pepperoni Pizza* ☑ Toasted Cheese Sandwich Stacked Turkey Sandwich ☑ Assorted Chef Salads <i>side items</i> ● Glazed Carrots ● Garden Salad Applesauce Fresh Fruit Cup



Where possible, we offer five entrée choices everyday: Two hot features, a deli sandwich, a PB&J sandwich, and an entrée salad.

- Menu subject to change
- (*) ALL products are pork - free
- ** In Peanut-Free Buildings, SunButter™ will be substituted
- Email us at food@cps.edu
- All items are Made with Heart-Healthy Whole Grains
- Features Ingredients & Flavors Born in Chicago
- Ovo-Lacto Vegetarian, may contain Egg & Dairy
- Local ingredients are always used when in season

A balanced meal includes an entrée, fruit, vegetable & milk



Fruit and Vegetable Cart

In addition to the featured side items listed above, we offer a daily rotation of vitamin and mineral rich fruits and vegetables that may include: tossed salad greens, apples, oranges, baby carrots, celery sticks and canned fruits

Grain Choice

We use only heart-healthy whole grain breads and rolls



Milk Choice

Varieties include 1% low fat & fat-free choices

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability.

