

K-12 GNG BREAKFAST

January 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Maple Waffles	Chicken Sausage & Cheese Breakfast Sandwich	Fruit & Oat Cup	Egg & Cheese English Muffin	Cinnamon French Toast
Apple Cinnamon Breakfast Bar	Rice Chex w/Hard Boiled Egg	Cheerios w/ Cheddar Cheese Stick	Oatmeal Raisin Bar	Orange & Date Bread w/ Hard Boiled Egg
Apple Crisps	Orange Juice	Blueberries	Dried Cranberries	Strawberries
Orange	Apple	Pear	Apple	Orange

Happy New Year and welcome back!

10	11	12	13	14
French Toast Breakfast Bar	Chicken Sausage & Cheese Biscuit Sandwich	Blueberry Waffles	Cheesy Egg Toast	<u>National Bagel Day</u>
Cinnamon Chex w/Cheddar Cheese Stick	Banana Muffin w/ Hard Boiled Egg	Honey Oat Granola Breakfast Bar	Rice Krispies w/ Cheddar Cheese Stick	Chicken Sausage & Cheese Bagel
Blended Fruit Juice	Orange	Dried Cranberries	Pear	Blueberry Bagel w/ Cream Cheese
Apple	Strawberry Applesauce Pear for HS	Banana	Orange	Apple Slices
				Banana

National Bagel Day is January 14th. Grab a bagel breakfast sandwich to go!

We only use heart-healthy **whole grains**.
Our **milk** options include 1% and fat-free.

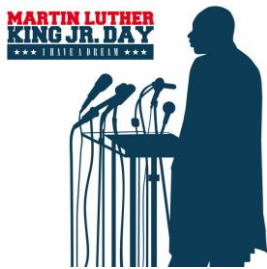
This institution is an equal opportunity provider.
Not all offerings may be available in all buildings and menus are subject to change.
Questions? E-mail us at food@cps.edu!

Thank you for
dining with us!



K-12 GNG BREAKFAST

January 2022

Monday	Tuesday	Wednesday	Thursday	Friday
17	18	19	20	21
 <p>MARTIN LUTHER KING JR. DAY ***TRIBUTE DINNER***</p>	<p>Triple Berry French Toast</p> <p>Apple Cinnamon Breakfast Bar</p> <p>Orange Juice</p> <p>Pear</p>	<p>Chicken Ham & Cheese Biscuit</p> <p>Yogurt Graham Crackers</p> <p>Blueberries</p> <p>Banana</p>	<p>Maple Waffles</p> <p>Orange & Date Bread w/ Cheddar Cheese Stick</p> <p>Orange</p> <p>Strawberry Applesauce Pear for HS</p>	<p>Strawberry Oatmeal</p> <p>French Toast Breakfast Bar</p> <p>Apple Slices</p> <p>Pear</p>
Schools Closed				

Fuel your school day with a healthy, tasty breakfast!

24	25	26	27	28
<p>Blueberry Muffin Top w/ Cheddar Cheese Stick</p> <p>Vanilla Honey Bunches of Oats w/ Hard Boiled Egg</p> <p>Blended Fruit Juice</p> <p>Apple</p>	<p>Chicken Ham & Cheese English Muffin</p> <p>Banana Muffin w/ Cheddar Cheese Stick</p> <p>Orange</p> <p>Strawberry Applesauce Pear for HS</p>	<p>Rice Chex w/ Hard Boiled Egg</p> <p>Honey Oat Granola Breakfast Bar</p> <p>Dried Cranberries</p> <p>Banana</p>	<p>Veggie Sausage Biscuit w/ Jelly</p> <p>Cheerios w/ Hard Boiled Egg</p> <p>Strawberries</p> <p>Apple</p>	<p>School Improvement Day</p> <p>No Classes</p>

Grab a warm Chicken Ham & Cheese English Muffin on January 25th!

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