


# K-12 GNG BREAKFAST

## November 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Waffles	Chicken-Sausage English Muffin	Cinnamon Toast Crunch Soft-Filled Bar	Sunnyside Quesadilla w/ Salsa	<b>School Improvement Day</b>  <b>NO SCHOOL</b>
Oatmeal Raisin Breakfast Bar	Rice Krispies w/ String Cheese	Yogurt & Graham Crackers	Apple Cherry Breakfast Bar	
Apple Slices	Orange Juice	Strawberries	Dried Cranberries	
Dried Cranberries	Pear	Banana	Orange	

Start your morning with breakfast and a smile!

<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Egg & Cheese English Muffin	Waffles	Chicken-Ham & Cheese Biscuit	 <b>NO SCHOOL</b>	Cheesy Egg Bites w/ Toast
Honey Bunches of Oats w/ String Cheese	Apple Cinnamon Muffin w/ Hard-Boiled Egg	Orange Vanilla Breakfast Bar		French Toast Breakfast Bar
Dried Cranberries	Orange	Blended Fruit Juice		Apple
Apple Slices	Pear	Apple		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](mailto:food@cps.edu)!

Thank you for  
dining with us!



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<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
Blueberry Bagel w/ Cream Cheese	Chicken-Sausage English Muffin	<b>Parent-Teacher Conference Day</b> <b>No School for K-8</b>	<b>Parent-Teacher Conference Day</b> <b>No School for 9-12</b>	Cinnamon Toast Crunch Soft-Filled Bar
Rice Krispies w/ Hard Boiled Egg	Oatmeal Raisin Breakfast Bar	Blueberry Muffin Top w/ String Cheese	Egg & Cheese Biscuit	Apple Cherry Breakfast Bar
Dried Cranberries	Orange Juice	Corn Chex w/ Hard-Boiled Egg	Carrot Bread w/ String Cheese	Orange
Apple Slices	Pear	Banana	Apple Slices	Banana
		Orange	Dried Cranberries	

Eating breakfast boosts brain power!

<b>22</b>	<b>23</b>	 <p><b>NO SCHOOL</b></p>
Triple Berry French Toast	Cinnamon Oatmeal	
Cinnamon Chex w/ String Cheese	Banana Muffin w/ Hard-Boiled Egg	
Dried Cranberries	Blueberries	
Apple	Pear	

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<b>29</b>	<b>30</b>			
Waffles	Chicken-Sausage English Muffin			
Oatmeal Raisin Breakfast Bar	Rice Krispies w/ String Cheese			
Apple	Orange Juice			
Dried Cranberries	Pear			

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