


# K-12 GNG BREAKFAST

## OCTOBER 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
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!

<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
 <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](mailto:food@cps.edu)!

Thank you for  
dining with us!



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## OCTOBER 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
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!

<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
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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