

# K-12 GNG BREAKFAST

## September 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<b>30</b>	<b>31</b>	<b>1</b>	<b>2</b>	<b>3</b>
Veggie Sausage English Muffin	Triple Berry French Toast	Chicken-Ham & Cheese Biscuit	Maple Waffles	Cinnamon Oatmeal
Cinnamon Chex w/ String Cheese	Muffin w/ Hard-Boiled Egg	Orange Vanilla Breakfast Bar	Cheerios w/ String Cheese	French Toast Breakfast Bar
Plum	Blueberries	Blended Fruit Juice	Blueberries	Plum
Apple	Orange	Apple	Orange	Strawberries
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>HAPPY LABOR DAY</b> ***	Chicken Sausage English Muffin	Cherry Frudel	Sunnyside Quesadilla w/ Salsa	Triple Berry French Toast
<b>NO SCHOOL</b>	Rice Krispies w/ String Cheese	Oatmeal Raisin Breakfast Bar	Corn Chex w/ String Cheese	Banana Bread w/ Hard-Boiled Egg
	Orange Juice	Blueberries	Plum	Apple
	Plum	Apple	Orange	Plum

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](mailto:food@cps.edu)!

Thank you for  
dining with us!



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<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
Egg & Cheese English Muffin	Maple Waffles	Chicken-Ham & Cheese Biscuit	Grape Crescent	Cheesy Egg Bites w/ Toast
Honey Bunches of Oats w/ String Cheese	Apple Cinnamon Muffin w/ Hard-Boiled Egg	Orange Vanilla Breakfast Bar	Cinnamon Chex w/ String Cheese	French Toast Breakfast Bar
Banana	Orange	Blended Fruit Juice	Blueberries	Apple Slices
Apple	Plum	Apple	Orange	Banana
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
Cinnamon Raisin 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	Maple Mini Brown Sugar Bar w/ String Cheese	Corn Chex w/ Hard-Boiled Egg	Banana Bread w/ String Cheese	Apple Cherry Breakfast Bar
Apple	Plum	Orange	Apple Slices	Orange
Banana	Orange Juice	Banana	Plum	Banana

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<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>1</b>
Veggie Sausage English Muffin	Triple Berry French Toast	Chicken-Ham & Cheese Biscuit	Maple Waffles	Cinnamon Oatmeal
Honey Bunches of Oats w/ String Cheese	Muffin w/ Hard-Boiled Egg	Orange Vanilla Breakfast Bar	Cheerios w/ String Cheese	French Toast Breakfast Bar
Banana	Blueberries	Blended Fruit Juice	Orange	Apple Slices
Apple	Orange	Apple	Plum	Banana

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