

# K-12 BREAKFAST MENU

November 2016 - Chicago Public Schools

<p><b>31</b></p> <p><b>Cinnamon French Toast</b></p> <p>Assorted General Mills &amp; Kellogg Cereals + Hard Boiled Egg</p> <p>Fruit Variety Milk Variety</p>	<p><b>1</b></p> <p><b>Country Chicken on a Biscuit</b></p> <p>English Muffin with Peanut Butter</p> <p>Fruit Variety Milk Variety</p>	<p><b>2</b></p> <p><b>NEW! Egg &amp; Cheese English Muffin Sandwich</b></p> <p>Oatmeal Raisin Bar</p> <p>Fruit Variety Milk Variety</p>	<p><b>3</b></p> <p><b>Sausage Biscuit</b></p> <p>Assorted General Mills &amp; Kellogg Cereals + Graham Crackers</p> <p>Fruit Variety Milk Variety</p>	<p><b>4</b></p> <p>School Improvement Day No Classes</p>
<p><b>7</b></p> <p><b>Mini Cinnamon Creamy Cheese Bagels</b></p> <p>Assorted General Mills &amp; Kellogg Cereals + String Cheese</p> <p>Fruit Variety Milk Variety</p>	<p><b>8</b></p> <p><b>Country Chicken on a Biscuit</b></p> <p>French Toast Bar</p> <p>Fruit Variety Milk Variety</p>	<p><b>9</b></p> <p><b>NEW! Egg &amp; Cheese English Muffin Sandwich</b></p> <p>Assorted General Mills &amp; Kellogg Cereals + Strawberry Yogurt</p> <p>Fruit Variety Milk Variety</p>	<p><b>10</b></p> <p><b>Pancake &amp; Turkey Sausage Wrap</b></p> <p>Apple Cinnamon Muffin with Hard Boiled Egg</p> <p>Fruit Variety Milk Variety</p>	<p><b>11</b></p> <p>VETERANS DAY</p> 
<p><b>14</b></p> <p><b>Cinnamon French Toast</b></p> <p>Blueberry Muffin with String Cheese</p> <p>Fruit Variety Milk Variety</p>	<p><b>15</b></p> <p><b>NEW! Egg &amp; Cheese English Muffin Sandwich</b></p> <p>Assorted General Mills &amp; Kellogg Cereals + Graham Crackers</p> <p>Fruit Variety Milk Variety</p>	<p><b>16</b></p> <p><b>Country Chicken on a Biscuit</b></p> <p>Oatmeal Raisin Bar</p> <p>Fruit Variety Milk Variety</p>	<p><b>17</b></p> <p><b>Bagel with Cream Cheese</b></p> <p>Assorted General Mills &amp; Kellogg Cereals + Hard Boiled Egg</p> <p>Fruit Variety Milk Variety</p>	<p><b>18</b></p> <p><b>Blueberry Mini Waffles</b></p> <p>Toasted English Muffin with Peanut Butter</p> <p>Fruit Variety Milk Variety</p>
<p><b>21</b></p> <p><b>Maple Pancakes</b></p> <p>Assorted General Mills &amp; Kellogg Cereal + Hard Boiled Egg</p> <p>Fruit Variety Milk Variety</p>	<p><b>22</b></p> <p><b>NEW! Egg Bagel Sandwich</b></p> <p>Apple Cinnamon Muffin with String Cheese</p> <p>Fruit Variety Milk Variety</p>	<p><b>23</b></p> <p>No Classes</p>	<p><b>24</b></p> <p>Happy Thanksgiving!</p> 	<p><b>25</b></p> <p>Thanksgiving Break</p>

## START STRONG THIS SCHOOL YEAR WITH BREAKFAST EVERY DAY!

Child nutrition studies conducted across the country have concluded that school breakfast helps students **improve their standardized test scores, math grades, and reading ability!** Eating a balanced breakfast each day also helps students pay **better attention and stay alert** in class. Join us every morning for tasty, energy-packed breakfast! All meals are free!

THIS YEAR'S MENU IS **POPPIN'!** NEW YEAR. NEW FLAVORS.

We Serve The Best!



*If it's red, it's **NEW** this year!*  
*If it's green, it's **VEGETARIAN!***

Find all of our menus at [www.cps.edu/menu](http://www.cps.edu/menu)  
 All meals are free, every day!

- We offer a daily rotation of vitamin and mineral-rich seasonal fresh and cupped fruits including: apples, oranges, pears, bananas, cantaloupe & honeydew, grapes, kiwi, peaches & more!
- We use only heart-healthy whole grain breads, pastas, and rice!
- Our milk varieties include 1% low fat & fat-free choices!
- Our menus are pork-free!
- In buildings with Peanut-Free menus, SunButter™ is substituted
- All menus are subject to change. Not all offerings may be available in all buildings.