



Chicago Public Schools K-8 Breakfast Menu

December 2013

Not all offerings may be available in all buildings

2

Egg & Sausage*
Breakfast Burrito

Assorted Cereals
w/ Graham Crackers

side items

Diced Pears
Fresh Orange Wedges
Milk Variety

3

Strawberry Flavored
Pancakes

Banana Sweet Bread
w/ Mozzarella Cheese Stick

side items

Diced Peaches
Fresh Apple Wedges
Milk Variety

4

Pancake & Sausage*
On a Stick

Assorted Cereals
w/ Graham Crackers

side items

Applesauce
Fresh Banana
Milk Variety

5

Cinnamon
French Toast Sticks

Oatmeal Raisin Benefit Bar
w/ Strawberry Yogurt

side items

100% Fruit Juice
Fresh Apple Wedges
Milk Variety

6

Egg & Cheese
Bagel Sandwich

Assorted Cereals
w/ Graham Crackers

side items

Mixed Fruit
Fresh Pear
Milk Variety

9

Egg & Cheese
Breakfast Burrito

Assorted Cereals
w/ Strawberry Yogurt

side items

Diced Pears
Fresh Orange Wedges
Milk Variety

10

Cinnamon
French Toast Sticks

Blueberry Muffin
w/ Hard Boiled Egg

side items

Diced Peaches
Fresh Apple Wedges
Milk Variety

11

Egg & Sausage*
Breakfast Sandwich

Assorted Cereals
w/ Graham Crackers

side items

Applesauce
Fresh Banana
Milk Variety

12

Maple
Pancakes

Bagel
w/ Cream Cheese

side items

100% Fruit Juice
Fresh Apple Wedges
Milk Variety

13

Breakfast Chicken
On a Biscuit

Assorted Cereals
w/ Graham Crackers

side items

Mixed Fruit
Fresh Pear
Milk Variety

16

Egg & Sausage*
Breakfast Burrito

Assorted Cereals
w/ Graham Crackers

side items

Diced Pears
Fresh Orange Wedges
Milk Variety

17

Strawberry Flavored
Pancakes

Oatmeal Raisin Benefit Bar
w/ Mozzarella Cheese Stick

side items

Diced Peaches
Fresh Apple Wedges
Milk Variety

18

Pancake & Sausage
On a Stick

Assorted Cereals
w/ Graham Crackers

side items

Applesauce
Fresh Banana
Milk Variety

19

Cinnamon
French Toast Sticks

English Muffin
w/ Peanut Butter** & Jelly

side items

100% Fruit Juice
Fresh Apple Wedges
Milk Variety

20

Egg & Cheese
Bagel Sandwich

Assorted Cereals
w/ Graham Crackers

side items

Mixed Fruit
Fresh Pear
Milk Variety

Winter Vacation December 23 - January 3

30

No School

31

No School

Jan 1

No School

2

No School

3

No School



Breakfast is the Most Important Meal of the Day: *The body and mind need charged every morning.*

- Menu Subject to Change
- * Products DO NOT contain Pork
- ** In Peanut-Free Buildings, SunButter™ will be substituted

W All Items are Made with Heart-Healthy Whole Grains

C Features Ingredients & Flavors Born in Chicago

V Ovo-Lacto Vegetarian, may contain Egg & Dairy

L Local Ingredients are used

A balance Breakfast includes an Entrée, Fruit and Milk

Fruit and Vegetable Cart

Fruits are nature's desserts. They are sweet and packed with important, vital vitamins, carbohydrates, minerals, carbohydrates and many are excellent sources of fiber.

Grain Choice
We use only heart-healthy whole grain breads and rolls

Milk Choice
Varieties include 1% low fat & fat-free choices

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability.





Chicago Public Schools K-8 Lunch Menu

December 2013

Not all items may be available in all buildings

Dec 2 Stacked Pancakes w/ Scrambled Eggs Chicken Nuggets Tuna Salad Sandwich Chef Salad w/ Beans <i>side items</i> Tater Tots Fresh Broccoli Fruit Cocktail Fresh Apple Wedges	3 Rotisserie Chicken With Brown Rice Grilled Cheese Sandwich All-American Sandwich* Chef Salad w/ Chicken <i>side items</i> Cinnamon Sweet Potatoes Celery Sticks Pineapple Chunks Fresh Pear	4 Chicken Quesadilla Chicken Sandwich Egg Salad Sandwich Chef Salad w/ Beans <i>side items</i> Refried Beans Baby Carrots Diced Pears Fresh Orange	5 Cheesy Baked Penne Pasta Corn Dog Stacked Chicken-Ham & Cheese* Chef Salad w/ Deli Chicken <i>side items</i> Green Beans Cucumber & Tomato Salad Applesauce Fresh Banana	6 Pepperoni Pizza* Cheeseburger Deli Chicken Sandwich Chef Salad w/ Egg <i>side items</i> Steamed Carrots Garden Salad Diced Peaches Fresh Orange
9 Cheese Pizza Sticks Chicken Nuggets Egg Salad Sandwich Chef Salad w/ Beans <i>side items</i> Green Peas Baby Carrots Fruit Cocktail Fresh Apple Wedges	10 Sloppy Joe Sandwich Grilled Cheese Sandwich All-American Sandwich* Chef Salad w/ Chicken <i>side items</i> Seasoned Collard Greens Cucumber Slices Pineapple Chunks Fresh Pear	11 Bean and Cheese Burrito Chicken Sandwich Tuna Salad Sandwich Chef Salad w/ Beans <i>side items</i> Kickin' Pinto Beans Celery Sticks Diced Pears Fresh Orange	12 Italian Penne Pasta With Meatballs Corn Dog Stacked Chicken-Ham & Cheese* Chef Salad w/ Deli Chicken <i>side items</i> Steamed Broccoli Cucumber & Tomato Salad Applesauce Fresh Banana	13 Cheese Pizza Cheeseburger Deli Chicken Sandwich Chef Salad w/ Egg <i>side items</i> Steamed Carrots Garden Salad Diced Peaches Fresh Orange
16 Philly Cheesesteak Melt Chicken Nuggets Tuna Salad Sandwich Chef Salad w/ Beans <i>side items</i> Sweet Corn Fresh Broccoli Diced Pears Fresh Orange Wedges	17 Chili Cheese Baked Potato Grilled Cheese Sandwich All-American Sandwich* Chef Salad w/ Chicken <i>side items</i> Sweet Potato Fries Celery Sticks Pineapple Chunks Fresh Pear	18 Chicken & Bean Nachos with Rice Chicken Sandwich Egg Salad Sandwich Chef Salad w/ Beans <i>side items</i> BBQ Black Beans Baby Carrots Diced Pears Fresh Orange	19 BBQ Chicken with Macaroni & Cheese Corn Dog Stacked Chicken-Ham & Cheese* Chef Salad w/ Deli Chicken <i>side items</i> Green Beans Cucumber and Tomato Salad Applesauce Fresh Banana	20 Pepperoni Pizza* Cheeseburger Deli Chicken Sandwich Chef Salad w/ Egg <i>side items</i> Steamed Carrots Garden Salad Diced Peaches Fresh Orange

Winter Vacation December 23 - January 3

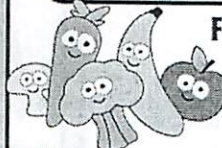
30 No School	31 No School	Jan 1 No School	2 No School	3 No School
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Where possible, we offer five entrée choices everyday: Two hot features, a deli sandwich, a PB&J sandwich, and an entrée salad.

- Menu subject to change
- (*) ALL products are pork - free
- ** In Peanut-Free Buildings, SunButter™ will be substituted
- Email us at food@cps.edu
- W All Items are Made with Heart-Healthy Whole Grains
- V Ovo-Lacto Vegetarian, may contain Egg & Dairy
- C Features Ingredients & Flavors Born in Chicago
- L Local ingredients are used

A balanced meal includes an entrée, fruit, vegetable & milk



Fruit and Vegetable Cart

In addition to the featured side items listed above, we offer a daily rotation of vitamin and mineral rich fruits and vegetables



Grain Choice

We use only heart-healthy whole grain breads and rolls



Milk Choice

Varieties include 1% low fat & fat-free choices

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