

September 2022

K-12 COLD BREAKFAST



Chicago Public Schools
NUTRITION SUPPORT SERVICES

Monday	Tuesday	Wednesday	Thursday	Friday
5	6	7	8	9
Labor Day				
Orange Dream Muffin Whole Orange Craisins®	Vanilla Honey Bunches of Oats® Cereal & Yogurt Whole Apple Sun-Dried Raisins	Yogurt & Granola Fresh Banana Blueberries	Blueberry Bread & Sunflower Seeds Fresh Pear Applesauce Cup	
12	13	14	15	16
Graham Crackers & Wowbutter 100% Apple Juice Fresh Orange	Blueberry Granola Bar & Sunflower Seeds Fresh Nectarine Craisins®	Scooters® Cereal & String Cheese Whole Apple Blueberries	Honey Bunches of Oats® Granola Crumble with Yogurt Fresh Banana Sun-Dried Raisins	Apple Cinnamon Bread & Sunflower Seeds Fresh Pear Applesauce Cup
19	20	21	22	23
Graham Crackers & Wowbutter 100% Apple Juice Fresh Orange	Banana Muffin Fresh Nectarine Craisins®	San Franola Blueberry® Cereal Whole Pear Applesauce Cup	Yogurt & Granola Fresh Banana Sun-Dried Raisins	Professional Development Day
26	27	28	29	30
Graham Crackers & Yogurt 100% Apple Juice Fresh Orange	Strawberry Oatmeal Bar & Sunflower Seeds Fresh Nectarine Craisins®	Rice Krispies® Cereal & Hard-Boiled Egg Whole Apple Blueberries	Honey Bunches of Oats® Granola Crumble with Yogurt Fresh Banana Sun-Dried Raisins	Apple Bread with String Cheese Fresh Pear Applesauce Cup

All menus are pork-free.
We serve Whole Grain Rich grain/bread items.
Milk options include 1% and fat-free

Vegetarian / Contains Plant-Based Protein
Locally Grown, Raised, or Sourced
Contains Fish
Hot Entrees in Bold

OPEN KITCHENS
Serving the Best

This institution is an equal opportunity provider.
Offerings may vary by school.
Menus are subject to change.
Questions? E-mail us at food@cps.edu