
























# September 2022

## K-12 COLD BREAKFAST

Monday		Tuesday		Wednesday		Thursday		Friday	
						1		2	
						<div>  Honey Bunches of Oats® Granola Crumble with Yogurt </div> <div> Fresh Banana Sun-Dried Raisins </div>		<div>  Banana Bread with String Cheese </div> <div> Fresh Pear Applesauce Cup </div>	
5		6		7		8		9	
Labor Day		<div>  Orange Dream Muffin </div> <div> Whole Orange Craisins® </div>		<div>  Vanilla Honey Bunches of Oats® Cereal &amp; Yogurt </div> <div> Whole Apple Sun-Dried Raisins </div>		<div>  Yogurt &amp; Granola </div> <div> Fresh Banana Blueberries </div>		<div>  Blueberry Bread &amp; Sunflower Seeds </div> <div> Fresh Pear Applesauce Cup </div>	
12		13		14		15		16	
<div>  Graham Crackers &amp; Wowbutter </div> <div> 100% Apple Juice Fresh Orange </div>		<div>  Blueberry Granola Bar &amp; Sunflower Seeds </div> <div> Fresh Nectarine Craisins® </div>		<div>  Scooters® Cereal &amp; String Cheese </div> <div> Whole Apple Blueberries </div>		<div>  Honey Bunches of Oats® Granola Crumble with Yogurt </div> <div> Fresh Banana Sun-Dried Raisins </div>		<div>  Apple Cinnamon Bread &amp; Sunflower Seeds </div> <div> Fresh Pear Applesauce Cup </div>	
19		20		21		22		23	
<div>  Graham Crackers &amp; Wowbutter </div> <div> 100% Apple Juice Fresh Orange </div>		<div>  Banana Muffin </div> <div> Fresh Nectarine Craisins® </div>		<div>  San Franola Blueberry® Cereal </div> <div> Whole Pear Applesauce Cup </div>		<div>  Yogurt &amp; Granola </div> <div> Fresh Banana Sun-Dried Raisins </div>		Professional Development Day	
26		27		28		29		30	
<div>  Graham Crackers &amp; Yogurt </div> <div> 100% Apple Juice Fresh Orange </div>		<div>  Strawberry Oatmeal Bar &amp; Sunflower Seeds </div> <div> Fresh Nectarine Craisins® </div>		<div>  Rice Krispies® Cereal &amp; Hard-Boiled Egg </div> <div> Whole Apple Blueberries </div>		<div>  Honey Bunches of Oats® Granola Crumble with Yogurt </div> <div> Fresh Banana Sun-Dried Raisins </div>		<div>  Apple Bread with String Cheese </div> <div> Fresh Pear Applesauce Cup </div>	

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**



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](mailto:food@cps.edu)