





Breakfast


CICS: Bucktown

January
2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
		1 Happy Holidays!	2 	3	<p>Special News...</p> <p>JOIN US FOR BREAKFAST!</p> <p>Breakfast available every day for ALL students at #NO charge</p> <p>Join us <u>every</u> month this year for our ACE Breakfast Giveaway!</p>
6 Whole Grain French Toast Sticks w/Maple Syrup OR Cinnamon Chex Cereal w/Animal Crackers Craisins & Red Apple	7 Chicken Sausage, Egg & Cheese on Biscuit OR Banana Muffin w/ String Cheese Apple Slices & Orange Wedges	8 Cheddar Cheese Omelet w/ a Warm Biscuit OR Cheerio Bar w/ Honey Graham Crackers Fresh Banana & Fresh Grapes	9 Maple Waffles w/ Syrup OR Strawberry Apple Yogurt Smoothie w/ Cinnamon Graham Crackers Orange Wedges & Pear	10 Egg Patty w/ Cheese on English Muffin Sandwich OR Cinnamon Ultimate Breakfast Round Banana & Apple Slices	
13 Chicken Patty on Biscuit OR Cheerios Cereal w/ Jungle Crackers Orange Craisins & Crisp Red Apple	14 Egg & Chicken Sausage w/ Cheese on an English Muffin OR Blueberry Yogurt Parfait w/ Cinnamon Graham Crackers Apple Slices & Orange Wedges	15 Scrambled Eggs w/ Cheese, Toast & Tater Puffs OR Plain Bagel w/ Cream cheese Banana & Fresh Grapes	16 Egg & Cheese Bagel Sandwich OR Blueberry Muffin w/ String Cheese Fresh Orange Wedges & Pears	17 Whole Grain Maple Pancake w/ Chicken Sausage OR Apple Nutri-Grain Bar w/ Honey Graham Crackers Banana & Apple Slices	
20 NO SCHOOL	21 Chicken Patty on Biscuit OR Butterscotch Bar w/ String Cheese Fresh Apple Slices & Fresh Orange Wedges	22 Egg & Cheese Burrito OR Strawberry Nutri-grain Bar w/ Honey Graham Crackers Banana & Grapes	23 Waffles w/syrup OR Jungle Crackers & Strawberry Banana Yogurt Orange Wedges & Pears	24 ACE GIVEAWAY Egg & Chicken Sausage w/ Cheese on an English Muffin OR Oatmeal Raisin Benefit Bar Banana & Apple Slices	
27 Whole Grain Maple Pancake w/ Chicken Sausage OR Golden Graham Cereal w/ Honey Graham Crackers Orange Craisins & Fresh Apple	28 Egg & Cheese Bagel Sandwich OR Strawberry Yogurt Parfait w/ Cinn Graham Crackers Fresh Apple Slices & Fresh Orange Wedges	29 Chicken Sausage, Egg & Cheese English Muffin Sandwich OR Apple Cinnamon Cheerios Bar w/ Jungle Cracker Banana & Grapes	30 Chicken Patty on Biscuit OR Blueberry Muffin w/ String Cheese Orange Wedges & Pears	31 Whole Grain French Toast Sticks w/Maple Syrup OR Cinnamon Ultimate Breakfast Round Banana & Apple Slices	

Menus are subject to change without notice.

All menu items do NOT contain pork, all Bread items served are WHOLE GRAIN.

 **What makes a Breakfast Meal?**
Hot or Cold Entree + Fruit
Milk (optional)
View nutrition and allergy info at: cics.schooldish.com



Healthy for Life™ Meals

This institution is an equal opportunity provider.