




# Breakfast

CICS: Irving Park

March 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<p>Special News...</p> <p><b>JOIN US FOR BREAKFAST!</b></p> <p>Breakfast available every day for ALL students at #NO charge</p> <p>Join us every month this year for our <b>ACE Breakfast Giveaway!</b></p>  <p>Menus are subject to change without notice.</p>
<p><b>2</b></p> <p><b>HAPPY</b></p> <p>Whole Grain Maple Pancake w/ Sausage Patty OR Golden Graham Cereal w/ Graham Crackers Orange Craisins Apple</p>	<p><b>3</b></p> <p><b>NATIONAL</b></p> <p>Egg &amp; Cheese Bagel Sandwich OR Strawberry Yogurt Parfait w/ Graham Crackers Apple Slices Fresh Orange</p>	<p><b>4</b></p> <p><b>SCHOOL</b></p> <p>Chicken Sausage, Egg &amp; Cheese English Muffin Sandwich OR Apple Cinnamon Cheerios Bar w/ Jungle Cracker Banana Grapes</p>	<p><b>5</b></p> <p><b>BREAKFAST</b></p> <p>Chicken Patty on Biscuit OR Blueberry Muffin w/ String Cheese Fresh Orange Pears</p>	<p><b>6</b></p> <p><b>WEEK!</b></p> <p>Whole Grain French Toast Sticks w/Maple Syrup OR Cinnamon Ultimate Breakfast Round Apple Slices Fresh Banana</p>	
<p><b>9</b></p> <p>Chicken Patty on Biscuit OR Rice Krispies w/ Cinnamon Graham Crackers Watermelon Craisins Fresh Apple</p>	<p><b>10</b></p> <p>Egg, Chicken Sausage &amp; Cheese on an English Muffin OR Whole Grain Apple Cinnamon Muffin w/ String Cheese Apple Slices Fresh Orange</p>	<p><b>11</b></p> <p>Chicken Sausage, Egg, &amp; American Cheese on a Bagel OR French toast Benefit Bar Banana Grapes</p>	<p><b>12</b></p> <p>Taco Egg, Chicken Ham, Tater Burrito OR Strawberry Banana Yogurt &amp; Jungle Crackers Fresh Orange Wedges Raisins</p>	<p><b>13</b></p> <p>Whole Grain Maple Waffles OR Plain Bagel w/ Cream cheese Apple Fresh Banana</p>	
<p><b>16</b></p> <p>Whole Grain French Toast Sticks w/Maple Syrup OR Cinnamon Chex Cereal w/Animal Crackers Original Craisins Fresh Red Apple</p>	<p><b>17</b></p> <p>Chicken Sausage, Egg &amp; Cheese on Biscuit OR Banana Muffin w/ String Cheese Apple Slices Fresh Orange</p>	<p><b>18</b></p> <p>Cheddar Cheese Omelet w/ a Warm Biscuit OR Team Cheerio Bar w/ Bear Honey Graham Crackers Banana Grapes</p>	<p><b>19</b></p> <p>Waffles OR Strawberry Banana Yogurt w/ Scooby Cinnamon Graham Crackers Orange Raisins</p>	<p><b>20</b></p> <p>Egg Patty w/ Cheese on English Muffin Sandwich OR Cinnamon Ultimate Breakfast Round Apple Fresh Banana</p>	
<p><b>23</b></p> <p>Chicken Patty on Biscuit OR Cheerios Cereal w/ Jungle Crackers Orange Craisins Crisp Red Apple</p>	<p><b>24</b></p> <p>Egg, Chicken Sausage &amp; Cheese on an English Muffin OR Blueberry Yogurt Parfait w/ Cinnamon Graham Crackers Apple Slices Fresh Orange</p>	<p><b>25</b></p> <p>Scrambled Eggs w/cheese, Toast, Tater Puffs OR Plain Bagel w/ Cream cheese Banana Grapes</p>	<p><b>26</b></p> <p><b>ACE BREAKFAST GIVEAWAY!</b></p> <p>Egg &amp; Cheese Bagel Sandwich OR Blueberry Muffin w/ String Cheese Raisins Orange</p>	<p><b>27</b></p> <p>Whole Grain Maple Pancake OR Apple Nutri-Grain Bar w/ Honey Graham Crackers Apple Fresh Banana</p>	
<p><b>30</b></p> <p>Whole Grain French Toast Sticks OR Apple Cinnamon Cheerios w/ Honey Graham Crackers Strawberry Craisins Fresh Red Apple</p>	<p><b>31</b></p> <p>Chicken Patty on Biscuit OR Butterscotch Bar w/ String Cheese Apple Slices Fresh Orange</p>				

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

 **CICS**

**What makes a Breakfast Meal?**

Hot or Cold Entree + Fruit  
Milk (optional)

View nutrition and allergy info at: [cics.schoolish.com](http://cics.schoolish.com)



Healthy for Life™ Meals

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