

# May K-12 Breakfast Menu

Chicago Public Schools

**1**

**Maple Pancakes**

Assorted General Mills & Kellogg's Cereal + Hard Boiled Egg

Fruit Variety & Milk Variety

**2**

**NEW!**

**The Sunnyside Breakfast Quesadilla**



Oatmeal Raisin Bar

Fruit Variety & Milk Variety

**3**

**Grilled Chicken-Ham & Cheese Breakfast Sandwich**



Assorted General Mills & Kellogg's Cereal + Graham Crackers

Fruit Variety & Milk Variety

**4**

**Egg & Cheese English Muffin with Grape Jelly**

Mini Cinnamon Cream Cheese Bagels

Fruit Variety & Milk Variety

**5**

**Blueberry Mini Waffles**



PB&J Graham Cracker Bar



**8**

**Turkey-Sausage Pancake Wrap**

Apple Cinnamon Muffin + String Cheese

Fruit Variety & Milk Variety

**9**

**Toasted English Muffin with Peanut Butter & Grape Jelly**



Assorted General Mills & Kellogg's Cereal + Boiled Egg

Fruit Variety & Milk Variety

**10**

**Chicken-Sausage & Cheese Breakfast Sandwich**



French Toast Bar

Fruit Variety & Milk Variety

**11**

**Egg & Cheese English Muffin with Grape Jelly**

Assorted General Mills & Kellogg's Cereal + String Cheese

Fruit Variety & Milk Variety

**12**

**Toasted Bagel with Cream Cheese or Jelly**



PBJ Graham Cracker Bar



**15**

**Maple Pancakes**



Apple Cinnamon Muffin + Hard Boiled Egg

Fruit Variety & Milk Variety

**16**

**NEW!**

**The Sunnyside Breakfast Quesadilla**



Assorted General Mills & Kellogg's Cereal + Hard Boiled Egg

Fruit Variety & Milk Variety

**17**

**Chicken-Sausage Biscuit**

Oatmeal Raisin Bar

Fruit Variety & Milk Variety

**18**

**Egg & Cheese Bagel with Grape Jelly**

Assorted General Mills & Kellogg's Cereal + Graham Crackers

Fruit Variety & Milk Variety

**19**

**Cinnamon French Toast**



PBJ Graham Cracker Bar



**22**

**Blueberry Mini Waffles**




Assorted Cereals & String Cheese



**23**

**Chicken-Sausage & Cheese Breakfast Sandwich**



French Toast Bar

Fruit Variety & Milk Variety

**24**

**Egg & Cheese English Muffin with Grape Jelly**

Assorted General Mills & Kellogg's Cereal + Strawberry Yogurt

Fruit Variety & Milk Variety

**25**

**Turkey-Sausage Pancake Wrap**

Apple Cinnamon Muffin + Hard Boiled Egg

Fruit Variety & Milk Variety

**26**

**Grilled Chicken-Ham & Cheese Breakfast Sandwich**



PB&J Graham Cracker Bar



**29**

Memorial Day

**30**

**Toasted English Muffin with Peanut Butter & Jelly**



Blueberry Muffin + Hard Boiled Egg

Fruit Variety & Milk Variety

**31**

**NEW!**

**"The Cubbie" Pancakes & Sausage Griddler**



Oatmeal Raisin Bar



Fruit Variety & Milk Variety

**1**

**Egg & Cheese English Muffin with Grape Jelly**

Assorted General Mills & Kellogg's Cereal + String Cheese

Fruit Variety & Milk Variety

**2**

**Toasted Bagel with Cream Cheese or Jelly**



PBJ Graham Cracker Bar



**Look for NEW items in red!**  
**If it's green, it's VEGETARIAN!**

Find all of our menus at [www.cps.edu/menu](http://www.cps.edu/menu)  
 All meals are free, every day!

- We offer a daily rotation of vitamin and mineral-rich seasonal fresh and cupped fruits including: apples, oranges, pears, bananas, cantaloupe & honeydew, grapes, kiwi, and peaches.
- We use only heart-healthy whole grain breads, pastas, and rice.
- Our milk varieties include 1% low fat & fat-free choices.
- Our menus are pork-free!
- In Peanut-Free Buildings, SunButter™ will be substituted.
- All menus are subject to change.
- Not all offerings may be available in all buildings.

Check out all of the exciting new promotions on pages 2-5!

# May K-8 Lunch Menu

Chicago Public Schools

<p><b>1</b> Cheese Pizza Turkey-Sausage Pizza Sloppy Joe Sandwich Egg Chef Salad &amp; Roll Turkey &amp; Cheese Wrap Peanut Butter &amp; Jelly Garden Side Salad Celery Sticks - Seasonal Fruit</p>	<p><b>2</b> Orange Popcorn Chicken &amp; Brown Rice Cheese Pizza Sticks &amp; Marinara Tuna Bagel Sandwich Chicken-Ham Chef Salad &amp; Roll Peanut Butter &amp; Jelly Fresh Broccoli Carrot Salad - Seasonal Fruit</p>	<p><b>3</b> <b>Breakfast 4 Lunch!</b> Cheese Eggs &amp; Pancakes Chicken Nuggets &amp; Breadstick Bean Nacho Salad Santa Fe Chicken Wrap Peanut Butter &amp; Jelly Green Bean &amp; Tomato Salad - Local! Warm Cinnamon Apples &amp; Cranberries Tater Tots - Seasonal Fruit</p>	<p><b>4</b> <b>NEW!</b> Chicago Deep Dish Pasta Hot Dog Cheesy Wrap Chicken Chef Salad &amp; Roll Peanut Butter &amp; Jelly Baby Carrots Garden Side Salad - Seasonal Fruit</p>	<p><b>5</b> <b>Cinco de Mayo!</b> Southwest Chicken &amp; Rice Bowl with Elotes Hamburger/Cheeseburger Romaine &amp; Cheese Salad <b>NEW!</b> Turkey KaBoom! Sub Peanut Butter &amp; Jelly <b>NEW!</b> Elotes-Style Corn - Local! Chickpeas - Seasonal Fruit</p>
<p><b>8</b> Cheese Pizza Turkey-Sausage Pizza Cheese Pizza Sticks &amp; Marinara Turkey Chef Salad &amp; Roll Chicken-Ham &amp; Cheese Sdw Peanut Butter &amp; Jelly <b>NEW!</b> Veggie Confetti Salad - Local! Chickpeas - Seasonal Fruit</p>	<p><b>9</b> <b>NEW!</b> Vesuvio Chicken &amp; Spaghetti - Local! Hamburger/Cheeseburger Egg Salad Sandwich Baja Chicken Salad Peanut Butter &amp; Jelly <b>NEW!</b> Chopped Caesar Salad - Local! Zesty Black Beans - Seasonal Fruit</p>	<p><b>10</b> <b>NEW!</b> Chicken Pasta Primavera with Local Veggies Beefy Tex Mex Wedges Popcorn Chicken Salad &amp; Breadstick Veggie Cheese Sandwich Peanut Butter &amp; Jelly Fresh Broccoli</p>	<p><b>11</b> <b>NEW!</b> Beef Soft Tacos with Mango Pico de Gallo - Local! Fish Sticks &amp; Breadstick Three-Cheese Wrap Romaine Salad &amp; Diced Chicken with Cheese Blend &amp; Roll Peanut Butter &amp; Jelly Seasoned Corn - Local! Tomato Wedges - Seasonal Fruit</p>	<p><b>12</b> Sweet &amp; Sour Popcorn Chicken &amp; Brown Rice Chicken Patty Sandwich Fruit &amp; Cheese Plate with Roll Chicken-Ham &amp; Cheese Sdw Peanut Butter &amp; Jelly <b>NEW!</b> Mighty Cabbage D'Bar - Local! Cucumber &amp; Tomato Salad Seasonal Fruit</p>
<p><b>15</b> Cheese Pizza Turkey-Sausage Pizza Hot Dog Egg Chef Salad with Roll Turkey &amp; Cheese Sandwich Peanut Butter &amp; Jelly Garden Side Salad Cucumber Slices - Seasonal Fruit</p>	<p><b>16</b> Turkey Fajitas Chili Cheese Wrap Vegetarian Baja Salad &amp; Roll Chicken-Ham Sandwich Peanut Butter &amp; Jelly Campfire Beans Fresh Green Pepper Strips Seasonal Fruit</p>	<p><b>17</b> Chicken Alfredo Penné Grilled Cheese Sandwich Bean Nacho Salad Chicken Wrap Peanut Butter &amp; Jelly Local! Green Bean &amp; Tomato Salad Warm Cinnamon Apples &amp; Cranberries Baby Carrots - Seasonal Fruit</p>	<p><b>18</b> Chicken &amp; Waffles Hamburger/Cheeseburger Tuna Salad Sandwich Turkey Chef Salad &amp; Roll Peanut Butter &amp; Jelly Tater Tots Zucchini Slices - Seasonal Fruit</p>	<p><b>19</b> Breaded Fish Melt Chicken Patty Sandwich Romaine Salad &amp; Diced Chicken with Cheese Blend &amp; Roll Egg Salad Sandwich Peanut Butter &amp; Jelly Baby Carrots Fresh Broccoli - Seasonal Fruit</p>
<p><b>22</b> Turkey Sausage Pizza Deep Dish Cheese Pizza Hamburger/Cheeseburger Tuna Salad Sandwich Salad Greens, Chicken, with Parmesan Cheese &amp; Roll Peanut Butter &amp; Jelly Garden Side Salad Cucumber Slices - Seasonal Fruit</p>	<p><b>23</b> Beef Soft Tacos Chicken Nuggets &amp; Breadstick Romaine Salad, with Blended Cheeses &amp; Roll Chicken Salad Sandwich Peanut Butter &amp; Jelly Baby Carrots · Seasoned Corn - Local! 100% Fruit Kiwi Strawberry Slushie Seasonal Fruit</p>	<p><b>24</b> Thai Peanut* Drumstick &amp; Brown Rice - Local! Grilled Cheese Sandwich <b>NEW!</b> Turkey KaBoom! Sub Vegetarian Baja Salad with Roll Peanut Butter &amp; Jelly Zucchini Slices · Fresh Broccoli Warm Cinnamon Apples &amp; Cranberries Seasonal Fruit</p>	<p><b>25</b> Breaded Chicken Parmesan Penné Beefy Tex Mex Wedges Egg Salad Sandwich Chicken-Ham Chef Salad &amp; Roll Peanut Butter &amp; Jelly Cucumber &amp; Tomato Salad Celery Sticks - Seasonal Fruit</p>	<p><b>26</b> Big Beef Nachos Fish Sticks &amp; Breadstick Turkey Chef Salad &amp; Roll Veggie Cheese Sandwich Peanut Butter &amp; Jelly Kickin' Pintos Cucumber Slices Seasonal Fruit</p>
<p><b>29</b> Memorial Day</p>	<p><b>30</b> Cheese Pizza Turkey-Sausage Pizza Fish Sandwich Egg Chef Salad &amp; Roll Turkey &amp; Cheese Sandwich Peanut Butter &amp; Jelly Garden Side Salad Fresh Broccoli - Seasonal Fruit</p>	<p><b>31</b> <b>NEW!</b> Southwest Chicken &amp; Yellow Rice Bowl <b>NEW!</b> Cheese-Stuffed Pretzel Sticks with Apples and Peanut Butter Chicken-Ham &amp; Cheese Sdw Romaine Salad with Blended Cheeses &amp; Roll Peanut Butter &amp; Jelly <b>NEW!</b> Elotes-Style Corn - Local! Cucumber Slices - Seasonal Fruit</p>	<p><b>1</b> Popcorn Chicken Bowl with Breadstick Hot Dog Veggie Cheese Sandwich Chicken Chef Salad &amp; Breadstick Peanut Butter &amp; Jelly Mashed Potatoes Baby Carrots - Seasonal Fruit</p>	<p><b>2</b> Cheesy Pasta &amp; Breadstick Chicken Nuggets &amp; Breadstick Three-Cheese Wrap Salad Greens, Chicken with Parmesan Cheese &amp; Roll Peanut Butter &amp; Jelly Zesty Black Beans Zucchini Slices - Seasonal Fruit</p>

Scroll down to view this month's Special Promotions!

- We offer a daily rotation of vitamin and mineral-rich seasonal fresh and cupped fruits including: apples, oranges, pears, bananas, cantaloupe & honeydew, grapes, kiwi, and peaches.
- We use only heart-healthy whole grain breads, pastas, and rice.
- Our milk varieties include 1% low fat & fat-free choices.
- Our menus are pork-free!
- \*In Peanut-Free Buildings, SunButter™ will be substituted.
- All menus are subject to change.
- Not all offerings may be available in all buildings.