



## CICERO DISTRICT 99

Monday	Tuesday	Wednesday	Thursday	Friday
July 31, 2017	August 1, 2017	August 2, 2017	August 3, 2017	August 4, 2017
August 7, 2017	August 8, 2017	August 9, 2017	August 10, 2017	August 11, 2017
August 14, 2017	August 15, 2017	August 16, 2017	August 17, 2017	August 18, 2017
August 21, 2017	August 22, 2017	August 23, 2017	August 24, 2017	August 25, 2017
			CINNAMON TOAST CRUNCH ^ Spiced Grahams ^ Pineapple Tidbits Orange-Tangerine Juice Choice of Milk	MINI WHEATS LITTLE BITES French Toast Breakfast Bar Grape Juice Cinnamon Applesauce Choice of Milk
August 28, 2017	August 29, 2017	August 30, 2017	August 31, 2017	September 1, 2017
GOLDEN GRAHAMS CEREAL Cherry Bar Strawberry Kiwi Juice Craisins Choice of Milk	STRAWBERRY PANCAKES Pineapple Tidbits Grape Juice Syrup Choice of Milk	MOZZARELLA STRING CHEESE Banana Muffin Fresh Fruit Strawberry Applesauce Choice of Milk	CHICKEN BISCUIT Fresh Fruit Fruit Punch Juice Honey Choice of Milk	

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. \*\* MENU SUBJECT TO CHANGE \*\*

^ Denotes item is whole-grain/whole wheat

\*\*\* This institution is an equal opportunity provider.



# NEW SCHOOL YEAR, NEW MENU!!!

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## Nutritional Information: CICERO EAST

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
08-24-2017	CINNAMON TOAST CRUNCH ^	110	3	0	0	0	160	22	3	6	1	120	5	200	4	G/B:1sv WG
	Spiced Grahams ^	120	4	0	0	0	115	21	2	6	2	0	0	20	1	G/B:1sv WG
	Pineapple Tidbits	68	0	0	0	0	2	16	1	14	2	4	10	14	0	F:1/2c
	Orange-Tangerine Juice	60	0	0	0	0	10	15	0	13	0	0	0	0	0	F:1/2c
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
08-25-2017	MINI WHEATS LITTLE BITES	100	1	0	0	0	105	23	3	6	3	0	0	0	8	G/B:1sv WG
	French Toast Breakfast Bar	170	6	2	0	0	60	27	2	9	3	0	0	20	1	G/B:1sv WG
	Grape Juice	80	0	0	0	0	10	20	0	19	0	0	0	0	0	F:1/2c
	Cinnamon Applesauce	58	0	0	0	0	3	15	2	13	0	1	1	7	0	F:1/2c
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
08-28-2017	GOLDEN GRAHAMS CEREAL Cherry Bar Strawberry Kiwi Juice	340	7	2	0	0	285	69	3	34	4	120	65	180	4	G/B:2sv WG F:1/2c
	Craisins	110	0	0	0	0	0	28	3	24	0	0	0	0	0	F:1/2c
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
08-29-2017	STRAWBERRY PANCAKES	180	4	2	0	5	240	32	2	7	4	0	0	80	1	G/B:2sv WG
	Pineapple Tidbits	68	0	0	0	0	2	16	1	14	2	4	10	14	0	F:1/2c
	Grape Juice	80	0	0	0	0	10	20	0	19	0	0	0	0	0	F:1/2c
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
08-30-2017	MOZZARELLA STRING CHEESE	90	7	5	0	20	200	0	0	0	7	72	0	200	0	MMA:1oz
	Banana Muffin	172	6	0	0	0	181	28	2	8	3	1	3	23	1	G/B:1.25sv WG
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1/2c
	Strawberry Applesauce	57	0	0	0	0	4	15	1	12	0	1	1	5	0	F:1/2c

08-31-2017	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0		
	CHICKEN BISCUIT	265	10	2	0	12	535	34	4	5	10	0	48	120	2	MMA:1oz G/B:2.25sv WG	
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1/2c	
	Fruit Punch Juice	60	0	0	0	0	5	15	0	14	0	0	0	0	0	F:1/2c	
	Honey	25	0	0	0	0	0	7	0	7	0	0	0	0	0		
Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0			

Meal Contributions : M/MA = Meat/Meat Alternate      F = Fruit      V = Vegetable      G/B = Grain/Bread      W/G = Whole Grain  
Vegetable Types : DG = Dark Green      R/O = Red/Orange      L = Legumes      S = Starchy      O = Other



	Fresh Fruit								
	Strawberry Applesauce								
	Choice of Milk	X							
08-31-2017									
	CHICKEN BISCUIT	X						X	X
	Fresh Fruit								
	Fruit Punch Juice								
	Honey								
	Choice of Milk	X							