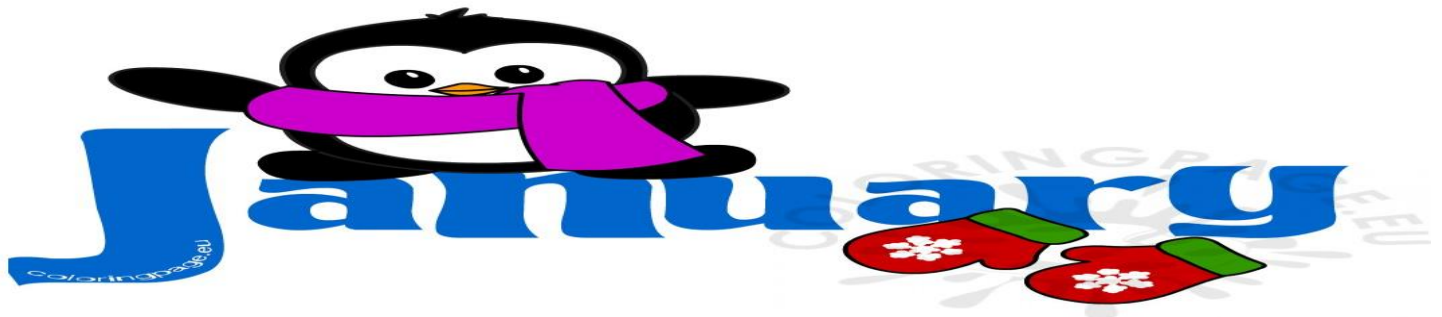




CICERO SCHOOL DISTRICT 99

Monday	Tuesday	Wednesday	Thursday	Friday
December 30, 2019	December 31, 2019	January 1, 2020	January 2, 2020	January 3, 2020
		HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK
January 6, 2020	January 7, 2020	January 8, 2020	January 9, 2020	January 10, 2020
COCOA PUFFS Strawberry Square Apple Juice Craisins Choice of Milk	CHICKEN BISCUIT ^ Mixed Fruit Cup Orange-Tangerine Juice Honey Choice of Milk	BLUEBERRY MUFFIN ^ Mozzarella Cheese Stick Fresh Apple Choice of Milk	WAFFLES ^ Fresh Orange Fruit Punch Juice Syrup Choice of Milk	CORN CHEX ^ Vanilla Waffle Square ^ Fresh Apple Choice of Milk
January 13, 2020	January 14, 2020	January 15, 2020	January 16, 2020	January 17, 2020
GOLDEN GRAHAM CEREAL Vanilla Breakfast Squares Apple Juice Craisins Choice of Milk	MAPLE PANCAKES ^ Diced Pears Strawberry-Kiwi Juice Choice of Milk	CINNAMON CHEX ^ Maple Breakfast Square ^ Fresh Apple Choice of Milk	EGG & CHEESE ON ENGLISH MUFFIN ^ Fresh Banana Diced Peaches Assorted Jelly Choice of Milk	MOZZARELLA CHEESE STICK Peach Mini Loaf ^ Fresh Apple Choice of Milk
January 20, 2020	January 21, 2020	January 22, 2020	January 23, 2020	January 24, 2020
MARTIN LUTHER KING JR.	APPLE CINNAMON CHEERIOS Vanilla Breakfast Square Blended Fruit Juice Diced Peaches Choice of Milk	BANANA MUFFIN ^ Mozzarella Cheese Stick Fresh Apple Choice of Milk	WAFFLES ^ Fresh Pear Orange-Tangerine Juice Syrup Choice of Milk	CINNAMON TOAST CRUNCH ^ French Toast Breakfast Square ^ Fresh Apple Choice of Milk
January 27, 2020	January 28, 2020	January 29, 2020	January 30, 2020	January 31, 2020
RICE CHEX Cherry Breakfast Bar Blended Fruit Juice Diced Pears Choice of Milk	CHEESE OMELET Sliced Bread ^ Assorted Jelly Fruit Punch Juice Diced Pears Choice of Milk	FROSTED CORN FLAKES ^ Vanilla Waffle Square ^ Fresh Apple Choice of Milk	Fresh Banana Orange-Tangerine Juice Syrup Choice of Milk FRENCH TOAST STICKS ^	MOZZARELLA CHEESE STICK Cherry Mini Loaf ^ Fresh Apple 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.

Nutritional Information: DANIEL BURNHAM ELEMENTARY SCHOOL

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
1																
	HOLIDAY BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
2																
	HOLIDAY BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
3																
	HOLIDAY BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
01-06-2020																
	COCOA PUFFS Strawberry Square Apple Juice	280	6	1	0	0	205	56	3	26	4	150	6	100	5	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	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-07-2020																
	CHICKEN BISCUIT ^	245	8	1	0	12	465	33	4	5	12	0	0	68	2	MMA:1oz G/B:2.25sv WG
	Mixed Fruit Cup	52	0	0	0	0	5	12	1	10	2	5	3	5	0	F:1/2c
	Orange-Tangerine Juice	60	0	0	0	0	10	15	0	13	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	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-08-2020																
	BLUEBERRY MUFFIN ^	166	6	0	0	0	170	28	2	10	3	0	0	30	1	G/B:1.25sv WG
	Mozzarella Cheese Stick	90	7	5	0	20	200	0	0	0	7	72	0	200	0	MMA:1oz
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-09-2020																
	WAFFLES ^	140	5	0	0	0	190	22	0	2	4	0	0	0	1	G/B:2sv WG
	Fresh Orange	61	0	0	0	0	0	15	3	12	1	14	69	52	0	F:1/2c
	Fruit Punch Juice	60	0	0	0	0	5	15	0	14	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	1	1	0	8	139	19	0	17	8	493	0	302	0	

	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-30-2020																
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Orange-Tangerine Juice	60	0	0	0	0	10	15	0	13	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	1	1	0	8	139	19	0	17	8	493	0	302	0	
	FRENCH TOAST STICKS ^	260	8	1	0	10	290	42	2	14	6	0	0	20	1	G/B:2.25sv WG
01-31-2020																
	MOZZARELLA CHEESE STICK	90	7	5	0	20	200	0	0	0	7	72	0	200	0	MMA:1oz
	Cherry Mini Loaf ^	166	5	0	0	0	212	30	1	14	2	19	0	39	1	G/B:1sv WG
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	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

Allergen Information: DANIEL BURNHAM ELEMENTARY SCHOOL

ALLERGEN WARNING: This menu is for reference only, and the food products delivered to schools are subject to change without notice. Accurate and up-to-date ingredient information regarding ingredients – including the 8 major food allergens – is available on the product label at your school. To avoid exposure to these food allergens, refer to the actual product label. **FAILURE TO DO SO MAY RESULT IN INADVERTENT EXPOSURE TO FOOD ALLERGENS.**

	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
1									
	HOLIDAY BREAK								
2									
	HOLIDAY BREAK								
3									
	HOLIDAY BREAK								
01-06-2020									
	COCOA PUFFS Strawberry Square Apple Juice		X					X	X
	Craisins								
	Choice of Milk	X							
01-07-2020									
	CHICKEN BISCUIT ^	X						X	X
	Mixed Fruit Cup								
	Orange-Tangerine Juice								
	Honey								
	Choice of Milk	X							
01-08-2020									
	BLUEBERRY MUFFIN ^								X
	Mozzarella Cheese Stick	X							
	Fresh Apple								
	Choice of Milk	X							
01-09-2020									
	WAFFLES ^	X	X					X	X
	Fresh Orange								
	Fruit Punch Juice								

	Syrup								
	Choice of Milk	X							
01-10-2020									
	CORN CHEX ^								
	Vanilla Waffle Square ^		X					X	X
	Fresh Apple								
	Choice of Milk	X							
01-13-2020									
	GOLDEN GRAHAM CEREAL Vanilla Breakfast Squares Apple Juice		X					X	X
	Craisins								
	Choice of Milk	X							
01-14-2020									
	MAPLE PANCAKES ^	X	X					X	X
	Diced Pears								
	Strawberry-Kiwi Juice								
	Choice of Milk	X							
01-15-2020									
	CINNAMON CHEX ^								
	Maple Breakfast Square ^		X					X	X
	Fresh Apple								
	Choice of Milk	X							
01-16-2020									
	EGG & CHEESE ON ENGLISH MUFFIN ^	X	X					X	X
	Fresh Banana								
	Diced Peaches								
	Assorted Jelly								
	Choice of Milk	X							
01-17-2020									
	MOZZARELLA CHEESE STICK	X							
	Peach Mini Loaf ^								X
	Fresh Apple								

- 0	Choice of Milk	X							
	MARTIN LUTHER KING JR.								
01-21-2020									
	APPLE CINNAMON CHEERIOS Vanilla Breakfast Square Blended Fruit Juice		X					X	X
	Diced Peaches								
	Choice of Milk	X							
01-22-2020									
	BANANA MUFFIN ^								X
	Mozzarella Cheese Stick	X							
	Fresh Apple								
	Choice of Milk	X							
01-23-2020									
	WAFFLES ^	X	X					X	X
	Fresh Pear								
	Orange-Tangerine Juice								
	Syrup								
	Choice of Milk	X							
01-24-2020									
	CINNAMON TOAST CRUNCH ^							X	X
	French Toast Breakfast Square ^		X					X	X
	Fresh Apple								
	Choice of Milk	X							
01-27-2020									
	RICE CHEX Cherry Breakfast Bar Blended Fruit Juice							X	X
	Diced Pears								
	Choice of Milk	X							
01-28-2020									
	CHEESE OMELET	X	X					X	
	Sliced Bread ^	X						X	X
	Assorted Jelly								

	Fruit Punch Juice								
	Diced Pears								
	Choice of Milk	X							
01-29-2020									
	FROSTED CORN FLAKES ^								X
	Vanilla Waffle Square ^		X					X	X
	Fresh Apple								
	Choice of Milk	X							
01-30-2020									
	Fresh Banana								
	Orange-Tangerine Juice								
	Syrup								
	Choice of Milk	X							
	FRENCH TOAST STICKS ^	X	X					X	X
01-31-2020									
	MOZZARELLA CHEESE STICK	X							
	Cherry Mini Loaf ^								X
	Fresh Apple								
	Choice of Milk	X							