



BREAKFAST

AUGUST 2026

Prairie-Hills School District #144

Grab ~ Go!!



Monday

Tuesday

Wednesday

Thursday

Friday

3

No School

4

No School

5

No School

6

No School

7

No School

10

No School

11

No School

12

No School

13

No School

14

No School

17

No School

18

No School

19

Cereal Bar
Fruit Snack
Cupped Fruit
Milk Choice

20

Fruit Muffin
Yogurt Cup
Cupped Fruit
Milk Choice

21

Pop Tarts
Cheese Sticks
Cupped Fruit
Milk Choice

24

Cereal Bowl
Cheese Stick
Cupped Fruit
Milk Choice

25

Banana Bread Loaf
Cream Cheese
Cupped Fruit
Milk Choice

26

Cereal Bar
Fruit Snack
Cupped Fruit
Milk Choice

27

Fruit Muffin
Yogurt Cup
Cupped Fruit
Milk Choice

28

Pop Tarts
Cheese Sticks
Cupped Fruit
Milk Choice

31

Cereal Bowl
Cheese Stick
Cupped Fruit
Milk Choice



Milk Choices are Whole White Milk, 1% low-fat White and 1% low-fat Chocolate
Menu items are subject to change due to the availability of food items from vendors.

Mr. Thomas Collins-Food Service Manager (708) 877-3009

Ms. Carmen Smith-Cusic District Chef (708) 877-3019