

# LUNCH K THROUGH 8

JANUARY 2018

Classroom Feeding

[www.cps.edu/food](http://www.cps.edu/food)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>8</b></p>  <p><b>Cheese Pizza</b></p> <p><b>FRUIT &amp; VEGGIE STATION</b></p> <p>Seasoned Green Beans (L)</p> <p>Raisins</p>	<p><b>9</b></p>  <p><b>Cheesy Meatloaf Sandwich</b></p> <p><b>PB &amp; Jelly Sandwich*</b></p> <p><b>FRUIT &amp; VEGGIE STATION</b></p> <p>Seasoned Potato Wedges (L)</p> <p>Cinnamon Pears</p>	<p><b>10</b></p>  <p><b>Baked Rotini &amp; Cheese with Breadstick</b></p> <p><b>FRUIT &amp; VEGGIE STATION</b></p> <p>Steamed Broccoli</p> <p>Warm Cinnamon Apples</p>	<p><b>11</b></p>  <p><b>BBQ Drumstick (L) with Brown Rice</b></p> <p><b>Yogurt &amp; Cheese Fun Kit</b></p> <p><b>FRUIT &amp; VEGGIE STATION</b></p> <p>Zesty Black Beans</p> <p>Orange</p>	<p><b>12</b></p>  <p><b>Buffalo Chicken &amp; Cheese Pasta Bowl with Breadstick</b></p> <p><b>English Muffin Pizza Kit</b></p> <p><b>FRUIT &amp; VEGGIE STATION</b></p> <p>Baby Carrots</p> <p>Honeydew Melon</p>
<p><b>15</b></p> <p><b>Martin Luther King Jr. Day</b></p>	<p><b>16</b></p>  <p><b>Eggs &amp; Pancakes with Maple Syrup</b></p> <p><b>Chicken Nuggets with Breadstick</b></p> <p><b>FRUIT &amp; VEGGIE STATION</b></p> <p>Tater Tots</p> <p>Cinnamon Diced Pears</p>	<p><b>17</b></p>  <p><b>PB &amp; Jelly Sandwich*</b></p> <p><b>Chili-lime BBQ Drumstick with Cilantro-lime Rice</b></p> <p><b>FRUIT &amp; VEGGIE STATION</b></p> <p>Zesty Black Beans</p> <p>Banana</p>	<p><b>18</b></p>  <p><b>Asian Sweet-Chili Chicken Bowl</b></p> <p><b>Cheesy Wrap</b></p> <p><b>FRUIT &amp; VEGGIE STATION</b></p> <p>Cucumber Slices</p> <p>Apple (L)</p>	<p><b>19</b></p>  <p><b>Baked Rotini &amp; Cheese</b></p> <p><b>FRUIT &amp; VEGGIE STATION</b></p> <p>Steamed Broccoli</p> <p>Honeydew Melon</p>

## OFFERED DAILY

Peanut Butter & Jelly Sandwich\* are also offered daily.

Vegetarian entrees are in green.

We only use heart-healthy whole grain breads, pastas, and rice.

Our milk varieties include 1% low fat and fat-free unflavored and flavored choices.










- January 16th, taste our sweet Cinnamon Diced Pears!
- We proudly serve chicken raised with **No Antibiotics Ever!**
- **Bringing lunch from home?** Grab a fruit, veggies & milk for **free** to complete your meal!
- New **customizable toppings** for tacos, burritos, wraps & sandwiches!
- For **new recipes and special promotions** this year, look for the **blue fork!**
- For locally-grown ingredients harvested within 350 miles from Chicago, look for the (L)
- All of this year's new items are **CPS student-tested and approved**

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>22</b></p>  <p><b>Cheese Pizza</b></p> <p><b>FRUIT &amp; VEGGIE STATION</b></p> <p>Celery Sticks Orange &amp; Grape Medley</p>	<p><b>23</b></p>  <p><b>Nashville Cheesy Chicken Pasta Bowl</b></p> <p>English Muffin Pizza Kit</p> <p><b>FRUIT &amp; VEGGIE STATION</b></p> <p>Fresh Broccoli Apple Slices (L)</p>	<p><b>24</b></p>  <p><b>Beef Nachos</b></p> <p>PB &amp; Jelly Sandwich*</p> <p><b>FRUIT &amp; VEGGIE STATION</b></p> <p>Zesty Black Beans Banana</p>	<p><b>25</b></p>  <p><b>Country Chicken Nugget Bowl with Roll</b></p> <p>Yogurt &amp; Cheese Fun Kit</p> <p><b>FRUIT &amp; VEGGIE STATION</b></p> <p>Mashed Potatoes Peach Cup</p>	<p><b>26</b></p>  <p><b>Grilled Cheese Sandwich</b></p> <p><b>FRUIT &amp; VEGGIE STATION</b></p> <p>Roasted Butternut Squash &amp; Carrot Medley (L) Warm Cinnamon Apples</p>
<p><b>29</b></p>  <p><b>Cheese Pizza</b></p> <p><b>FRUIT &amp; VEGGIE STATION</b></p> <p>Baby Carrots Orange &amp; Grape Medley</p>	<p><b>30</b></p>  <p><b>Amazing Veggie Lo Mein</b></p> <p><b>FRUIT &amp; VEGGIE STATION</b></p> <p>Seasoned Green Beans (L) Cinnamon Pears</p>	<p><b>31</b></p>  <p><b>The Southwest Chicken &amp; Rice Bowl</b></p> <p>Cheesy Wrap</p> <p><b>FRUIT &amp; VEGGIE STATION</b></p> <p>Zesty Black Beans Banana</p>	<p><b>1</b></p>  <p><b>Super Bowl Chili</b> with your choice of Sour Cream Jalapeños and Shredded Cheddar</p> <p>PB &amp; Jelly Sandwich*</p> <p><b>FRUIT &amp; VEGGIE STATION</b></p> <p>French Fries Peach Cup</p>	<p><b>2</b></p> <p><b>No School</b></p>

### OFFERED DAILY

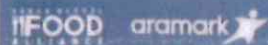
Peanut Butter & Jelly Sandwich\* are also offered daily.

Vegetarian entrees are in green.

We only use heart-healthy whole grain breads, pastas, and rice.

Our milk varieties include 1% low fat and fat-free unflavored and flavored choices.

- Try this vegetarian newbie! Amazing Veggie Lo Mein is served on January 30<sup>th</sup>.
- We proudly serve chicken raised with **No Antibiotics Ever!**
- **Bringing lunch from home?** Grab a fruit, veggies & milk for free to complete your meal!
- **New customizable toppings** for tacos, burritos, wraps & sandwiches!
- For new recipes and special promotions this year, look for the **blue fork!**
- For locally-grown ingredients harvested within 350 miles from Chicago, look for the **(L)**
- All of this year's new items are CPS student-tested and approved



This institution is an equal opportunity provider. 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. Questions? E-mail us at [food@cps.edu](mailto:food@cps.edu)