

# JANUARI N-O LUNCH

ALL STUDENTS EAT FREE! . WWW.CPS.EDU/FOOD

## MONDAY

# TUES AY

# EDNESDAY

# THURS DAY

# FRIDAY

II

18





CHEESE PIZZA (V)

PB & JELLY SANDWICH (V)

STEAMED BROCCOLI



8

15

BRUNCH FOR LUNCH! WAFFLES BREADED CHICKEN OR SCRAMBLED EGGS WITH MAPLE SYRUP

PB & JELLY SANDWICH (V)

TATER TOTS



BEEF OR BEAN TACOS (V) SOUR CREAM - JALAPEÑOS - SALSA

CHEESEBURGER OR HAMBURGER LETTUCE & TOMATO

PB & JELLY SANDWICH (V)

KICKIN' PINTOS





10

CHEF'S SPECIAL
BAKED CHICKEN LEG (L)
WITH YELLOW RICE

**GRILLED CHEESE SANDWICH** 

TURKEY & CHEESE KABOOM! SUB

PB & JELLY SANDWICH (V)

GREEN BEANS (L)



SWEET & SPICY SLOPPY JOE

BEAN & CHEESE BURRITO SOUR CREAM · JALAPEÑOS · SALSA

PB & JELLY SANDWICH (V)

STEAMED BROCCOLI

### FRESH AND CUPPED FRUITS & VEGETABLES OFFERED DAILY!

16



CHEESE PIZZA (V)



HOT DOG

PB & JELLY SANDWICH (V)



CHEESY CHICKEN NACHO BAKE OR BLACK BEAN NACHO BAKE (V) SOUR CREAM - JALAPEÑOS - SALSA

GRILLED CHEESE SANDWICH

PB & JELLY SANDWICH (V)

SWEET CORN (L)



BAKED MAC & CHEESE WITH BREADSTICK



CHICKEN PATTY SANDWICH LETTUCE & TOMATO

PB & JELLY SANDWICH (V)



FRANK'S REDHOT POPCORN CHICKEN WITH BREADSTICK

CHEESE QUESADILLA (V) SOUR CREAM - JALAPEÑOS -SALSA

PB & JELLY SANDWICH (V)



CHEESEBURGER OR HAMBURGER LETTUCE & TOMATO

GRILLED CHEESE SANDWICH

PB & JELLY SANDWICH (V)

POTATO EMOTICONS (L)

### FRESH AND CUPPED FRUITS & VEGETABLES OFFERED DAILY!

### COLD DELI OPTIONS OFFERED DAILY

Peanut Butter & Jelly Sandwich\* Daily

\*SunButter is substituted in buildings with peanut-free menus.

### TOPPINGS OFFERED

Dressings: Ranch, Italian & French

Sauces: Ketchup, Mustard, Mayo, Hot Sauce

All of our chicken is raised with No Antibiotics EVER!

Fruits and veggies rotate daily and may include: cucumber, celery, broccoli, garden salads, tomato, carrots, apples, oranges, bananas, grapes, melon, cranberries, and other cupped fruits.

\*SunButter is substituted in buildings with peanut-free menus.

Vegetarian entrees are identified with (V) Local products grown within 350 miles are identified with (L)

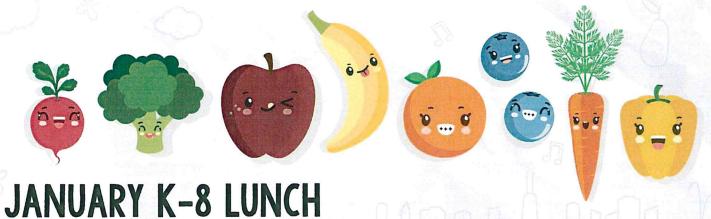
We only use heart-healthy whole grains.
Our milk options include 1% lowfat and fat-free milk.





Our menus are pork-free! All menus are subject to change. Not all offerings may be available in all buildings.

Questions? Contact us atfood@cps.edu



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THURS DAY MONDAY FRIDAY TUES AY EDNESDAY 25 22 21 Tonys SPAGHETTI & CHICKEN MEATBALLS **BREADED CATFISH STRIPS** CHICKEN NUGGETS WITH BREADSTICK WITH BREAD MARTIN LUTHER CHEESE PIZZA (V) KING, JR. DAY VEGETARIAN BAJA SALAD (V) WITH BREADSTICK CHEESE PIZZA STICKS (V) GRILLED CHEESE SANDWICH (V) CHICKEN TENDERS WITH SPAGHETTI SAUCE PB & JELLY SANDWICH (V) WITH BREADSTICK PB & JELLY SANDWICH (V) PB & JELLY SANDWICH (V) WAFFLE FRIES PB & JELLY SANDWICH (V) STEAMED BROCCOLI FRESH AND CUPPED FRUITS & VEGETABLES OFFERED DAILY! 30 28 CHEF'S SPECIAL BAKED CHICKEN LEG (L) WITH BREADSTICK CHEESE PIZZA (V) **BEEF NACHOS OR** BAKED MAC & CHEESE (V) **VEGETARIAN NACHOS (V)** WITH BREADSTICK CHEESEBURGER OR HAMBURGER NO CLASSES SOUR CREAM · JALAPEÑOS · SALSA **LETTUCE & TOMATO** SCHOOL IMPROVEMENT DAY TUNA MELT GRILLED CHEESE SANDWICH (V) (A COOKING UP CHANGE RECIPE BY VEGGIE SUB SANDWICH (V) STUDENTS AT CVCA HIGH SCHOOL) PB & JELLY SANDWICH (V) PB & JELLY SANDWICH (V) HOT DOG

### FRESH AND CUPPED FRUITS & VEGETABLES OFFERED DAILY!

PB & JELLY SANDWICH (V)

### COLD DELI OPTIONS OFFERED DAILY

Peanut Butter & Jelly Sandwich\* offered daily Monday through Friday \*SunButter is substituted in buildings with peanut-free menus.

**BLACK CHARRO BEANS** 

### TOPPINGS OFFERED

PB & JELLY SANDWICH (V)

Dressings: Ranch, Italian & French

Sauces: Ketchup, Mustard, Mayo, Hot Sauce

All of our chicken is raised with No Antibiotics EVER!

CINNAMON SWEET POTATOES

(LOCAL!)

Fruits and veggies rotate daily and may include: cucumber, celery, broccoli, garden salads, tomato, carrots, apples, oranges, bananas, grapes, melon, cranberries, and other cupped fruits.

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Vegetarian entrees are identified with (V) Local products grown within 350 miles are identified with (L)

We only use heart-healthy whole grains. Our milk options include 1% lowfat and fat-free milk.



