

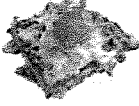












# NOVEMBER K-8 LUNCH

ALL STUDENTS EAT FREE! • [WWW.CPS.EDU/FOOD](http://WWW.CPS.EDU/FOOD)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>5</p>  <p>CHEESE PIZZA (V)</p>  <p>CHICKEN TENDERS WITH BREADSTICK</p> <p>PB &amp; JELLY SANDWICH (V)</p>	<p>6</p>  <p>CHEESY CHICKEN NACHO BAKE OR BLACK BEAN NACHO BAKE (V) SOUR CREAM · JALAPEÑOS · SALSA</p>  <p>GRILLED CHEESE SANDWICH</p> <p>PB &amp; JELLY SANDWICH (V)</p> <p>SWEET CORN (L)</p>	<p>7</p>  <p>BAKED MAC &amp; CHEESE</p>  <p>CHICKEN PATTY SANDWICH LETTUCE &amp; TOMATO</p> <p>PB &amp; JELLY SANDWICH (V)</p>	<p>8</p>  <p>CHEF'S SPECIAL BAKED CHICKEN LEG (L) &amp; BREADSTICK</p> <p>CHEESE QUESADILLA SOUR CREAM · JALAPEÑOS · SALSA</p> <p>GRAPE CHICKEN SALAD SUB</p> <p>PB &amp; JELLY SANDWICH (V)</p> <p>LOCAL ROASTED HARVEST VEGGIES (BEETS, TURNIPS, &amp; SWEET POTATOES)</p>	<p>9</p>  <p>CHEESEBURGER OR HAMBURGER LETTUCE &amp; TOMATO</p> <p>CHICKEN &amp; CHEESE BISCUIT</p> <p>PB &amp; JELLY SANDWICH (V)</p>

FRESH AND CUPPED FRUITS & VEGETABLES OFFERED DAILY! JOIN US ON NOV. 16 FOR A THANKSGIVING CELEBRATION!

<p>12</p> <p>VETERANS DAY</p>	<p>13</p>  <p>CHEESE PIZZA (V)</p>  <p>HOT DOG</p> <p>PB &amp; JELLY SANDWICH (V)</p>	<p>14</p> <p>PARENT-TEACHER CONFERENCES (REPORT CARD PICKUP DAY)</p>	<p>15</p>  <p>CHICKEN NUGGETS WITH BREADSTICK</p> <p>CHEESE PIZZA STICKS (V) WITH MARINARA SAUCE</p> <p>TURKEY &amp; CHEESE KABOOM! SUB</p> <p>PB &amp; JELLY SANDWICH (V)</p>  <p>ROASTED RED POTATOES (L)</p>	<p>16</p>  <p>THANKSGIVING CELEBRATION! ROAST TURKEY BREAST &amp; MASHED POTATOES WITH GRAVY &amp; BREADSTICK</p> <p>FISH SANDWICH LETTUCE &amp; TOMATO</p> <p>PB &amp; JELLY SANDWICH (V)</p>
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FRESH AND CUPPED FRUITS & VEGETABLES OFFERED DAILY!

## COLD DELI OPTIONS OFFERED DAILY

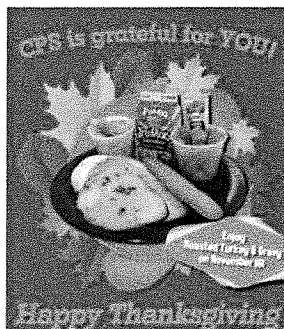
**Peanut Butter & Jelly Sandwich\*** Daily

\*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.

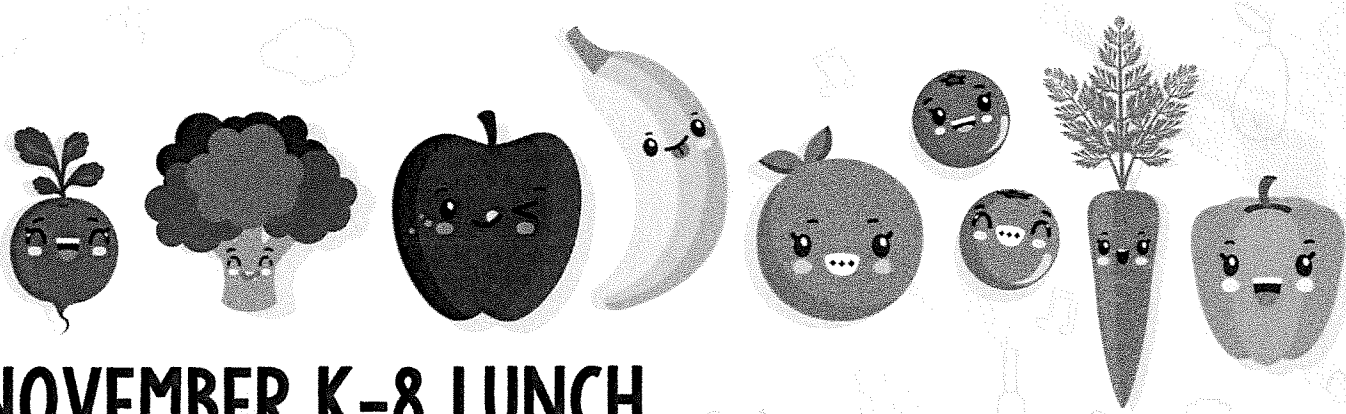
\*SunButter is substituted in buildings with peanut-free menus.

**Vegetarian** entrees are identified with (V)

**Local** products grown within 350 miles are identified with (L)










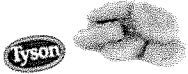


We only use heart-healthy **whole grains**.

Our **milk** options include 1% lowfat and fat-free milk.



# NOVEMBER K-8 LUNCH

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 CHEESE PIZZA (V)  CHICKEN TENDERS WITH BREADSTICK PB & JELLY SANDWICH (V)	 SHREDDED TURKEY TACOS OR BEAN TACOS (V) SOUR CREAM · JALAPEÑOS · SALSA  GRILLED CHEESE SANDWICH (V) PB & JELLY SANDWICH (V) TUXEDO BEANS	NO SCHOOL	THANKSGIVING DAY	NO SCHOOL
<b>FRESH AND CUPPED FRUITS &amp; VEGETABLES OFFERED DAILY!</b>				
 CHEESE PIZZA (V)  HOT DOG PB & JELLY SANDWICH (V)	 <b>FIERY POLLO NACHOS OR VEGETARIAN NACHOS! (V)</b> A COOKING UP CHANGE RECIPE CREATED BY CULINARY STUDENTS AT SIMEON HIGH SCHOOL SOUR CREAM · JALAPEÑOS · SALSA CHEESE PIZZA STICKS (V) WITH MARINARA SAUCE PB & JELLY SANDWICH (V) TUXEDO BEANS	 CHEESE RAVIOLI WITH BREADSTICK  CHEESEBURGER OR HAMBURGER LETTUCE & TOMATO PB & JELLY SANDWICH (V)	 CHICKEN NUGGETS WITH BREADSTICK  BEAN QUESADILLA (V) SOUR CREAM · JALAPEÑOS · SALSA VEGGIE SUB SANDWICH (V) PB & JELLY SANDWICH (V)	 FISH SANDWICH LETTUCE & TOMATO SWEET THAI CHILI BEEF WITH BROWN RICE PB & JELLY SANDWICH (V)
<b>FRESH AND CUPPED FRUITS &amp; VEGETABLES OFFERED DAILY!</b>				

## COLD DELI OPTIONS OFFERED DAILY

**Peanut Butter & Jelly Sandwich\*** offered daily Monday through Friday

\*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.