

SEPTEMBER 2018 ELEMENTARY LUNCH

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

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

3	4	5	6	7
 CHEESE PIZZA (V) HOT DOG CHEESE & CRACKER KIT (V)	 CHEESE PIZZA (V) HOT DOG CHEESE & CRACKER KIT (V)	 CHICKEN NUGGETS CHEESE QUESADILLA (V) SOUR CREAM · JALAPEÑOS · SALSA TURKEY & CHEESE KABOOM SUB! CURLY FRIES	NOW SERVING CORN TORTILLAS! CHICKEN OR BEAN TACOS (V) CORN OR FLOUR TORTILLA (L) SOUR CREAM · JALAPEÑOS · SALSA GRILLED CHEESE SANDWICH (V) FIESTA BEANS	 SWEET THAI POPCORN CHICKEN WITH SEASONED BROWN RICE CHEESEBURGER OR HAMBURGER CHEESE & CRACKER KIT (V)

FRESH AND CUPPED FRUITS & VEGETABLES OFFERED DAILY!

10	11	12	13	14
 CHEESE PIZZA (V) CHICKEN TENDERS CHEESE & CRACKER KIT (V)	 CHEESY CHICKEN NACHO BAKE OR BLACK BEAN NACHO BAKE (V) SOUR CREAM · JALAPEÑOS · SALSA GRILLED CHEESE SANDWICH (V) FIESTA BEANS	BAKED MAC & CHEESE (V) CHICKEN PATTY SANDWICH	 SWEET THAI CHILI CHICKEN LEG (L) & SEASONED BROWN RICE CHEESE QUESADILLA (V) SOUR CREAM · JALAPEÑOS · SALSA GRAPE CHICKEN SALAD SUB CINNAMON APPLE CRISP	 SPICY POPCORN CHICKEN CHEESEBURGER OR HAMBURGER CHEESE & CRACKER KIT (V) EMOJI POTATOES (L)

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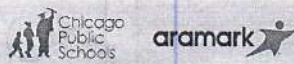
COLD DELI OPTIONS OFFERED DAILY

NEW! Cheese & Cracker Kit – offered Mondays and Fridays
 Peanut Butter & Jelly Sandwich* offered daily Monday through Friday

TOPPINGS OFFERED

Dressings: Ranch, Italian & French
Sauces: Ketchup, Mustard, Mayo, BBQ, Taco Sauce, 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.



This institution is an equal opportunity provider.

Our menus are pork-free!
 All menus are subject to change.
 Not all offerings may be available in all buildings.
 Questions? Contact us at food@cps.edu



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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

17	18	19	20	21
<p>CHEESE PIZZA (V)</p> <p>HOT DOG</p> <p>CHEESE & CRACKER KIT (V)</p>	<p>NOW SERVING CORN TORTILLAS!</p> <p>CHICKEN OR BEAN TACOS (V) CORN OR FLOUR TORTILLA (L) SOUR CREAM · JALAPEÑOS · SALSA</p> <p>GRILLED CHEESE SANDWICH (V)</p> <p>FIESTA BEANS</p>	<p>CHEESE RAVIOLI (V)</p> <p>CHEESEBURGER OR HAMBURGER</p>	<p>CHICKEN NUGGETS</p> <p>FISH SANDWICH</p> <p>TURKEY & CHEESE KABOOM SUB!</p> <p>EMOJI POTATOES (L)</p>	<p>ORANGE POPCORN CHICKEN WITH SEASONED BROWN RICE</p> <p>CHEESEBURGER OR HAMBURGER</p> <p>CHEESE & CRACKER KIT (V)</p>

FRESH AND CUPPED FRUITS & VEGETABLES OFFERED DAILY!

24	25	26	27	28
<p>CHEESE PIZZA (V)</p> <p>SPICY POPCORN CHICKEN</p> <p>CHEESE & CRACKER KIT (V)</p>	<p>CHICKEN NACHOS OR VEGETARIAN NACHOS (V) SOUR CREAM · JALAPEÑOS · SALSA</p> <p>CHEESEBURGER OR HAMBURGER</p> <p>SEASONED CORN</p>	<p>HOMESTYLE PANCAKES WITH CHEDDAR CHEESE OMELET OR BREAKFAST CHICKEN PATTY MAPLE SYRUP</p> <p>CHICKEN PATTY SANDWICH</p>	<p>FRANK'S RED HOT CHICKEN DRUMSTICK (L)</p> <p>CHEESE QUESADILLA (V) SOUR CREAM · JALAPEÑOS · SALSA</p> <p>TURKEY CUCUMBER SLAM! SUB</p> <p>MASHED POTATOES</p> <p>SPICED APPLES & CRANBERRIES (A COOKING UP CHANGE RECIPE INSPIRED BY CULINARY STUDENTS AT CLEMENTE HIGH SCHOOL)</p>	<p>SLOPPY JOE SANDWICH</p> <p>BEAN & CHEESE BURRITO (V) SOUR CREAM · JALAPEÑOS · SALSA</p> <p>CHEESE & CRACKER KIT (V)</p>

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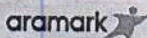
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