

K-8 LUNCH SEPTEMBER

All Students Eat Free!

cps.edu/food



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
 LABOR DAY No School!	 Cheese Pizza (V) Chicken Tenders with Breadstick PB & Jelly Sandwich (V) Mixed Green Salad Plum	 Chicken Patty Sandwich Plain or Spicy Toasted Grilled Cheese (V) Waffle Fries Strawberry Craisins	 Cheese Lasagna Rollups (V) PB & Jelly Sandwich (V) Green Beans (L) Orange	 Beef or Bean Nachos (V) Sour Cream · Jalapeños PB & Jelly Sandwich (V) Cucumber Slices Apple

Welcome back to school! We are happy to serve you!

9	10	11	12	13
 Cheese Pizza (V) PB & Jelly Sandwich (V) Mixed Green Salad Plum	 Personal Taco Pizza Sour Cream · Jalapeños PB & Jelly Sandwich (V) Refried Beans Apple Slices	BRUNCH FOR LUNCH Cinnamon-Glazed French Toast & Cheesy Scrambled Eggs (V) PB & Jelly Sandwich (V) Tomato Wedges Orange	 Baked Chicken Leg (L) Frank's Red-Hot®, BBQ, Jerk, or Plain, with Breadstick Toasted Cheese Quesadilla (V) Sour Cream · Salsa Verde Au Gratin Potatoes Plum	 Cheeseburger, Hamburger Veggie Burger (V) Green Beans (L) Banana

Fresh fruits & vegetables offered daily!

MEATLESS MONDAYS!

Every Monday, we offer a meat-free menu.

Peanut Butter & Jelly Sandwich* Served 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, and cranberries.

Vegetarian entrees are identified with (V)

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

Gluten-Free products are identified with (GF)

Menus containing fish are identified with

We only use heart-healthy whole grains.

Our milk options include 1% low-fat and fat-free milk.



This Institution is an equal opportunity provider.
Our menus are pork-free! All menus are subject to change.

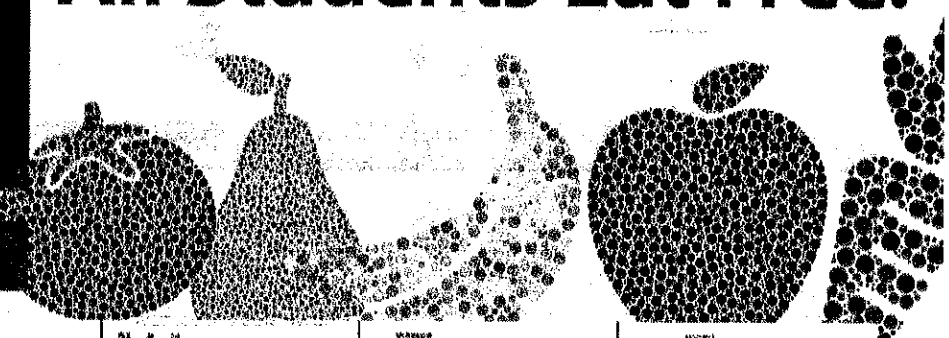
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16	17	18	19	20
Cheese Pizza Crunchers (V) PB & Jelly Sandwich (V) Baby Carrots Banana	Crunchy Tacos Chicken, Jerk Chicken, or Bean (V) Sour Cream • Jalapeños Buffalo Chicken Salad with Egg & Croutons Refried Beans Strawberry Craisins	Baked Mac & Cheese (V) PB & Jelly Sandwich (V) Tomato Wedges Orange	Orange Popcorn Chicken with Broccoli and Brown Rice Toasted Grilled Cheese (V) PB & Jelly Sandwich (V) Plum	Cheeseburger, Hamburger Veggie Burger (V) Toasted Cheese Quesadilla (V) Sour Cream • Jalapeños Seasoned Potato Wedges (L) Apple Slices

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23	24	25	26	27
Cheese Pizza (V) PB & Jelly Sandwich (V) Mixed Green Salad Plum	Chicken or Bean Soft Tacos (V) Sour Cream • Jalapeños Toasted Grilled Cheese (V) Refried Beans Apple Slices	BRUNCH FOR LUNCH Waffles & Maple Syrup with Scrambled Eggs (V) Egg Chef Salad (V) with Breadstick PB & Jelly Sandwich (V) Orange	Smothered Chicken Leg (L) with Breadstick PB & Jelly Sandwich (V) Roasted Zucchini & Yellow Squash (L) Plum	Breaded Catfish Strips with Sliced Bread PB & Jelly Sandwich (V) Southern Baked Beans (GF) Banana

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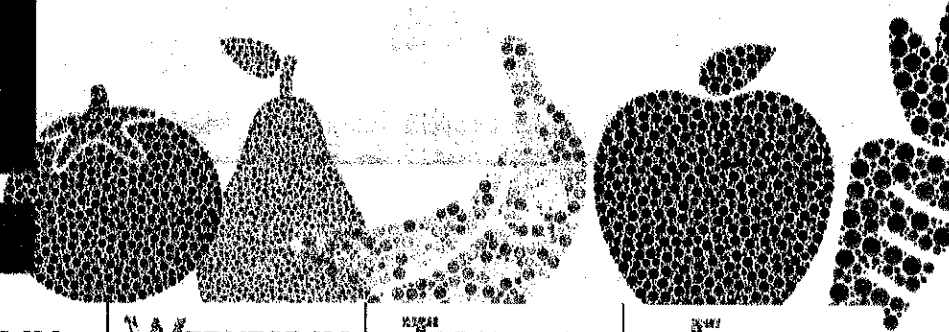



















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30	1	2	3	4
  Cheese Pizza (V)  PB & Jelly Sandwich (V) Mixed Green Salad  Plum	 Beef or Bean Soft Tacos (V) Sour Cream · Jalapeños  Fish Sandwich  Black Bean & Corn Salsa (L)  Apple Slices (V)	BRUNCH FOR LUNCH  Tortillas with Scrambled Eggs (V) Cheesy, Plain, or Mexican Style Buffalo Chicken Salad with Egg & Croutons Refried Beans  Orange	  Chicken Patty Sandwich Plain or Spicy Chicken Chef Salad Plain or Spicy with Breadstick  PB & Jelly Sandwich (V)  Fresh Broccoli Plum	 Cheeseburger or Hamburger  Toasted Cheese Quesadilla (V) Sour Cream · Jalapeños Curly Fries  Apple Slices

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