

K-8 LUNCH MENU

November 2016 - Chicago Public Schools

<p>31</p> <p>Chicken Soft Tacos Fish Sticks with Breadstick</p> <p>Three-Cheese Wrap Peanut Butter & Jelly</p> <p>Charro Beans Fresh Tomato Wedges Seasonal Fruit</p>	<p>1</p> <p>Country Chicken Nugget Mashed Potato Bowl with Breadstick</p> <p>Hamburger or Cheeseburger</p> <p>Egg Salad Sandwich Baja Chicken Salad with Roll Peanut Butter & Jelly</p> <p>Seasoned Corn Cob - <i>Locally Grown!</i> Fresh Zucchini · Seasonal Fruit</p>	<p>2</p> <p>Sweet and Sour Meatballs with Brown Rice</p> <p>Chicken Patty Sandwich</p> <p>Chicken-Ham and Cheese Sandwich Romaine Salad with Cheese Peanut Butter & Jelly</p> <p>Fresh Broccoli Fresh Cucumber Slices Seasonal Fruit</p>	<p>3</p> <p>Cheese Pizza Turkey-Sausage Pizza Egg Chef Salad with Roll Veggie Burger</p> <p>Turkey-Bologna and Swiss Sandwich Peanut Butter & Jelly</p> <p>Garden Side Salad Cucumber and Tomato Salad Seasonal Fruit</p>	<p>4</p> <p>School Improvement Day No Classes</p>
<p>7</p> <p>Chicken & Waffles with Maple Syrup</p> <p>Turkey-Ham Chef Salad with Roll Hamburger or Cheeseburger Tuna Salad Sandwich Peanut Butter & Jelly</p> <p>Tater Tots Fresh Cucumber Slices Seasonal Fruit</p>	<p>8</p> <p>BBQ Chicken and Cheddar Flatbread</p> <p>Vegetarian Baja Salad & Roll Taco Max Snax</p> <p>Chicken-Ham Sandwich Peanut Butter & Jelly</p> <p>Campfire Beans Fresh Zucchini Seasonal Fruit</p>	<p>9</p> <p>Elementary Parent-Teacher Conference Day</p> <p>No K-8 classes</p>	<p>10</p> <p>Cheese Pizza Turkey-Sausage Pizza Tuna Salad Platter with Breadstick Hot Dog</p> <p>Turkey-Bologna and Cheese Wrap Peanut Butter & Jelly</p> <p>Garden Side Salad Fresh Cucumber Slices Seasonal Fruit</p>	<p>11</p> <p>VETERANS DAY</p> 
<p>14</p> <p>Beef Soft Tacos</p> <p>Chicken Nuggets with Breadstick</p> <p>Egg Chef Salad with Roll Chicken Salad Sandwich Peanut Butter & Jelly</p> <p>Kickin' Pintos Baby Carrots Seasonal Fruit</p>	<p>15</p> <p>Breaded Chicken Parmesan Penné Pasta</p> <p>Grilled Cheese Sandwich</p> <p>Salad Greens with Parmesan Cheese and Chicken with Roll Tuna Salad Sandwich Peanut Butter & Jelly</p> <p>Fresh Zucchini Cucumber and Tomato Salad Seasonal Fruit</p>	<p>16</p> <p>Deep Dish Cheese Pizza Turkey-Sausage Pizza</p> <p>Turkey-Ham Chef Salad with Roll Hamburger or Cheeseburger Veggie Cheese Sandwich Peanut Butter & Jelly</p> <p>Baby Carrots Garden Side Salad Seasonal Fruit</p>	<p>17</p> <p>Beef and Bean Nachos Chili Cheese Wrap</p> <p>Vegetarian Baja Salad with Roll Chicken-Ham & Cheese Sandwich Peanut Butter & Jelly</p> <p>Seasoned Corn - <i>Locally Grown!</i> Fresh Broccoli Seasonal Fruit</p>	<p>18 THANKSGIVING MEAL</p> <p>Rotisserie Chicken Drumstick with Mac & Cheese & Simmered Peaches</p> <p>Chicken-Ham Chef Salad with Roll Egg Salad Sandwich Peanut Butter & Jelly</p> <p>Green Beans - <i>Locally Grown!</i> Cucumber Slices - Seasonal Fruit</p>
<p>21</p> <p>Tangy-Glazed Meatloaf with Breadstick</p> <p>Chicken Wrap</p> <p>Fruit & Cheese Plate with Pretzel Goldfish Crackers - NEW!</p> <p>Grilled Cheese Sandwich Peanut Butter & Jelly</p> <p>French Fries Fresh Tomato Wedges Seasonal Fruit</p>	<p>22</p> <p>Cheese Pizza Turkey-Sausage Pizza Fish Sandwich</p> <p>Egg Chef Salad with Roll Chicken-Ham and Cheese Sandwich Peanut Butter & Jelly</p> <p>Fresh Broccoli Garden Side Salad Seasonal Fruit</p>	<p>23</p> <p>No Classes</p>	<p>24</p> 	<p>25</p> <p>Thanksgiving Break</p>



TRY ALL OF THIS MONTH'S NEW STUDENT-APPROVED RECIPES!

- ⇒ SWEET & SOUR MEATBALLS ON NOVEMBER 2ND
- ⇒ CHICKEN & WAFFLES ON NOVEMBER 7TH
- ⇒ BBQ CHICKEN CHEDDAR FLATBREAD ON NOVEMBER 8TH
- ⇒ BREADED CHICKEN PARMESAN PASTA ON NOVEMBER 15TH
- ⇒ ROTISSERIE CHICKEN, MAC & CHEESE & SIMMERED PEACHES ON NOVEMBER 18TH
- ⇒ TANGY-GLAZED MEATLOAF ON NOVEMBER 21ST

**Locally grown ingredients! Antibiotic-free chicken! More Vegetarian options offered!
New fresh fruit & veggie combos! FRESH, COLORFUL & GOOD FOR YOU!**

If it's red, it's NEW this year!
If it's green, it's VEGETARIAN or LOCALLY GROWN!
Special PROMOTIONS are in yellow!

Find all of our menus at www.cps.edu/menu
All meals are free, every day!

- We offer a daily rotation of vitamin and mineral-rich seasonal fresh and cupped fruits including: apples, oranges, pears, bananas, cantaloupe & honeydew, grapes, kiwi, peaches & more!
- We use only heart-healthy whole grain breads, pastas, and rice!
- Our milk varieties include 1% low fat & fat-free choices!
- Our menus are pork-free!
- In buildings with Peanut-Free menus, SunButter™ is substituted
- All menus are subject to change. Not all offerings may be available in all buildings.