



AFTERSCHOOL COLD SUPPER

October 2021

Monday	Tuesday	Wednesday	Thursday	Friday
4	5	6	7	8
Turkey & Cheese Sub	BBQ Chicken Salad Sandwich	Turkey, Chicken-Ham & Cheese Sandwich	Egg Salad Sandwich (V)	Turkey-Pastrami & Swiss Sandwich
Veggie Cheese Sub (V)	PBJ or SunButter & Jelly Sandwich (V)	Cucumber & Cheese Sub (V)	Baby Carrots	Egg, Cheese & Cracker Kit (V)
Cucumber Slices	Baby Carrots	Celery Sticks	Pear	Fresh Broccoli
Diced Peaches	Pear	Apple		Apple
11	12	13	14	15
 No School	Turkey & Cheese Sub	Turkey, Turkey Salami & Swiss Sandwich	PBJ or SunButter & Jelly Sandwich (V)	Buffalo Chicken Salad Sandwich
	Egg, Cheese & Cracker Kit (V)	Egg Salad Sandwich (V)	Cucumber Slices	Veggie Cheese Sub (V)
	Baby Carrots	Celery Sticks	Diced Peaches	Fresh Broccoli
	Orange	Banana		Dried Cranberries

Why worry about dinner when you can get it free at school?

All chicken served is **No Antibiotic Ever**.
 Our menus are **pork-free**.
Plant-forward or meatless entrees are identified by (V).
Local produce grown within 350 miles is identified by (L).
 Menus containing **fish** are identified with 
 All grain/bread items served are **Whole Grain Rich**.
 Our **milk** options include 1% and fat-free.

Thank you for dining with us!

This institution is an equal opportunity provider!

Not all offerings may be available in all buildings and menus are subject to change.

Questions?
 E-mail us at food@cps.edu!



AFTERSCHOOL COLD SUPPER


October 2021

Monday	Tuesday	Wednesday	Thursday	Friday
18	19	20	21	22
Turkey-Pastrami & Swiss Sandwich	Turkey, Chicken-Ham & Cheese Sandwich	Chicken Caesar Wrap	Egg Salad Sandwich (V)	Turkey-Salami w/ Swiss Cheese & Crackers
Veggie Cheese Sub	PBJ or SunButter & Jelly Sandwich (V)	Cucumber & Cheese Sub (V)	Bean Salad	Egg, Cheese & Cracker Kit (V)
Fresh Broccoli	Baby Carrots	Cucumber Slices		Baby Carrots
Banana	Pear	Orange	Banana	Diced Peaches

Afterschool meals are free to all students, daily.

25	26	27	28	29
Turkey & Cheese Sub	Turkey, Turkey Salami & Swiss Sandwich	BBQ Chicken Salad Sandwich	Veggie Cheese Sub	Turkey, Chicken-Ham & Cheese Sandwich
Cucumber & Cheese Sub (V)	Egg Salad Sandwich (V)	PBJ or SunButter & Jelly Sandwich (V)	Baby Carrots	Egg, Cheese & Cracker Kit (V)
Cucumber Slices	Fresh Broccoli	Celery Sticks	Pear	Fresh Broccoli
Orange	Diced Peaches	Banana		Banana

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