

February 2020

After-School Cold Dinner

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Vegetarian Nacho Salad Celery Sticks Pear	4 Turkey-Ham & Cheese Sandwich Yogurt & Cheese Fun Kit Baby Carrots Orange	5 Turkey & Cheese Sub PB & Jelly Sandwich Southwestern Black Beans Banana	6 Chicken-Ham, Turkey & Cheese Sandwich Veggie Cheese Sub Celery Sticks Strawberry Craisins	7 Chicken-Ham & Cheese Wrap PB & Jelly Sandwich Baby Carrots Apple Slices
10 Egg Salad Sandwich Baby Carrots Pear	11 Veggie Cheese Sub Celery Sticks Apple	12 Turkey-Ham & Cheese Wrap Yogurt & Cheese Fun Kit Cucumber Slices Pear	13 Chicken-Ham, Turkey & Cheese Sandwich PB & Jelly Sandwich Mixed Green Salad Banana	14 Turkey Chef Salad w/ Breadstick Yogurt & Cheese Fun Kit Fresh Broccoli Orange
17  Schools Closed	18 Chicken-Ham & Cheese Wrap Veggie Cheese Sub Celery Sticks Banana	19 Turkey & Cheese Sandwich PB & Jelly Sandwich Southwestern Black Beans Orange	20 Egg Chef Salad w/ Breadstick Cucumber Slices Apple	21 Turkey-Ham & Cheese Sandwich PB & Jelly Sandwich Baby Carrots Craisins
24 Veggie Cheese Sub Celery Sticks Pear	25 Turkey-Ham & Cheese Sandwich Yogurt & Cheese Fun Kit Southwestern Black Beans Banana	26 Vegetarian Nacho Salad Zesty Corn (L) Orange	27 Chicken-Ham, Turkey & Cheese Sub Yogurt & Cheese Fun Kit Cucumber Slices Apple Slices	28 Turkey & Cheese Sub PB & Jelly Sandwich Baby Carrots Craisins

- We offer a daily rotation of vitamin and mineral-rich seasonal fresh and cupped fruits including: apples, oranges, pears, bananas, cantaloupe & honeydew, grapes, kiwi, and peaches.
- (L) – Locally Grown within 350 miles of Chicago!
- 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 Peanut-Free Buildings, SunButter™ will be substituted.
- All menus are subject to change.
- Not all offerings may be available in all buildings.

All meals and snacks are free, every day!

**We are proud to serve
No Antibiotics Ever labeled chicken!**

Find our menus at www.cps.edu/menu



This institution is an equal opportunity provider.

Our menus are pork-free! In peanut-free buildings, SunButter will be substituted. All menus are subject to change. Not all offerings may be available in all buildings.

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