















# JANUARY K-8 LUNCH

ALL STUDENTS EAT FREE! ♦ [WWW.CPS.EDU/FOOD](http://WWW.CPS.EDU/FOOD)

MONDAY 	TUESDAY 	WEDNESDAY 	THURSDAY 	FRIDAY 
<p>7</p>  <p>CHEESE PIZZA (V)</p> <p>PB &amp; JELLY SANDWICH (V)</p> <p>STEAMED BROCCOLI</p>	<p>8</p>  <p><b>BRUNCH FOR LUNCH!</b> WAFFLES BREADED CHICKEN OR SCRAMBLED EGGS WITH MAPLE SYRUP</p> <p>PB &amp; JELLY SANDWICH (V)</p> <p>TATER TOTS</p>	<p>9</p>  <p>BEEF OR BEAN TACOS (V) SOUR CREAM · JALAPEÑOS · SALSA</p> <p>CHEESEBURGER OR HAMBURGER LETTUCE &amp; TOMATO</p> <p>PB &amp; JELLY SANDWICH (V)</p> <p>KICKIN' PINTOS</p>	<p>10</p>  <p><b>CHEF'S SPECIAL</b> BAKED CHICKEN LEG (L) WITH YELLOW RICE</p> <p>GRILLED CHEESE SANDWICH</p> <p>TURKEY &amp; CHEESE KABOOM! SUB</p> <p>PB &amp; JELLY SANDWICH (V)</p> <p>GREEN BEANS (L)</p>	<p>11</p>  <p>SWEET &amp; SPICY SLOPPY JOE</p> <p>BEAN &amp; CHEESE BURRITO SOUR CREAM · JALAPEÑOS · SALSA</p> <p>PB &amp; JELLY SANDWICH (V)</p> <p>STEAMED BROCCOLI</p>

## FRESH AND CUPPED FRUITS & VEGETABLES OFFERED DAILY!

<p>14</p>  <p>CHEESE PIZZA (V)</p>  <p>HOT DOG</p> <p>PB &amp; JELLY SANDWICH (V)</p>	<p>15</p>  <p>CHEESY CHICKEN NACHO BAKE OR BLACK BEAN NACHO BAKE (V) SOUR CREAM · JALAPEÑOS · SALSA</p> <p>GRILLED CHEESE SANDWICH</p> <p>PB &amp; JELLY SANDWICH (V)</p> <p>SWEET CORN (L)</p>	<p>16</p>  <p>BAKED MAC &amp; CHEESE WITH BREADSTICK</p>  <p>CHICKEN PATTY SANDWICH LETTUCE &amp; TOMATO</p> <p>PB &amp; JELLY SANDWICH (V)</p>	<p>17</p>  <p>FRANK'S REDHOT POPCORN CHICKEN WITH BREADSTICK</p> <p>CHEESE QUESADILLA (V) SOUR CREAM · JALAPEÑOS · SALSA</p> <p>PB &amp; JELLY SANDWICH (V)</p>	<p>18</p>  <p>CHEESEBURGER OR HAMBURGER LETTUCE &amp; TOMATO</p> <p>GRILLED CHEESE SANDWICH</p> <p>PB &amp; JELLY SANDWICH (V)</p> <p>POTATO EMOTICONS (L)</p>
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## FRESH AND CUPPED FRUITS & VEGETABLES OFFERED DAILY!

### COLD DELI OPTIONS OFFERED DAILY

**Peanut Butter & Jelly Sandwich\*** 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, 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.










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MONDAY 	TUESDAY 	WEDNESDAY 	THURSDAY 	FRIDAY 
21 MARTIN LUTHER KING, JR. DAY	22  CHEESE PIZZA (V)  CHICKEN TENDERS WITH BREADSTICK PB & JELLY SANDWICH (V)	23  SPAGHETTI & CHICKEN MEATBALLS  GRILLED CHEESE SANDWICH (V) PB & JELLY SANDWICH (V) STEAMED BROCCOLI	24  CHICKEN NUGGETS WITH BREADSTICK VEGETARIAN BAJA SALAD (V) WITH BREADSTICK PB & JELLY SANDWICH (V) WAFFLE FRIES	25  BREADED CATFISH STRIPS WITH BREAD  CHEESE PIZZA STICKS (V) WITH SPAGHETTI SAUCE PB & JELLY SANDWICH (V)

## FRESH AND CUPPED FRUITS & VEGETABLES OFFERED DAILY!

28  CHEESE PIZZA (V)  HOT DOG PB & JELLY SANDWICH (V)	29  BEEF NACHOS OR VEGETARIAN NACHOS (V) SOUR CREAM · JALAPEÑOS · SALSA GRILLED CHEESE SANDWICH (V) PB & JELLY SANDWICH (V) BLACK CHARRO BEANS	30  BAKED MAC & CHEESE (V) WITH BREADSTICK TUNA MELT <i>(A COOKING UP CHANGE RECIPE BY STUDENTS AT CVCA HIGH SCHOOL)</i> PB & JELLY SANDWICH (V)	31  CHEF'S SPECIAL BAKED CHICKEN LEG (L) WITH BREADSTICK CHEESEBURGER OR HAMBURGER LETTUCE & TOMATO VEGGIE SUB SANDWICH (V) PB & JELLY SANDWICH (V) CINNAMON SWEET POTATOES (LOCAL)	1 NO CLASSES SCHOOL IMPROVEMENT DAY
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## FRESH AND CUPPED FRUITS & VEGETABLES OFFERED DAILY!

### COLD DELI OPTIONS OFFERED DAILY

**Peanut Butter & Jelly Sandwich\*** offered daily Monday through Friday

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### TOPPINGS OFFERED

**Dressings:** Ranch, Italian & French

**Sauces:** Ketchup, Mustard, Mayo, Hot Sauce

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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.

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