

March 2020

Afterschool Dinner Cold

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Egg Salad Sandwich (V) Mixed Green Salad Fresh Apple	3 Chicken-Ham, Turkey & Cheese Sandwich Baby Carrots Pear PB & Jelly Sandwich (V)	4 Chicken-Ham & Cheese Sandwich Tater Tots Orange Veggie Cheese Sub (V)	5 Turkey-Ham & Cheese Wrap Cucumber Slices Craisins Yogurt & Cheese Kit (V)	6 Turkey Chef Salad w/ Breadstick Celery Sticks Banana PB & Jelly Sandwich (V)
9 Veggie Cheese Sub (V) Celery Sticks Pear	10 Turkey-Ham & Cheese Sandwich Southwestern Black Beans Banana Yogurt & Cheese Kit (V)	11 Turkey & Cheese Sub Cucumber Slices Craisins PB & Jelly Sandwich (V)	12 Chicken-Ham, Turkey & Cheese Sandwich Celery Sticks Apple Veggie Cheese Sub (V)	13 Chicken-Ham & Cheese Wrap Baby Carrots Banana PB & Jelly Sandwich (V)
16 Egg Salad Sandwich (V) Baby Carrots Pear	17 Veggie Cheese Sub (V) Celery Sticks Orange	18 Turkey-Ham & Cheese Wrap Cucumber Slices Craisins Yogurt & Cheese Kit (V)	19 Chicken-Ham, Turkey & Cheese Sandwich Mixed Green Salad Banana PB & Jelly Sandwich	20 Turkey Chef Salad with Breadstick Southwestern Black Beans Orange Yogurt & Cheese Fun Kit (V)
23 Vegetarian Nacho Salad (V) Cucumber Slices Apple Slices	24 Chicken-Ham & Cheese Wrap Celery Sticks Banana Yogurt & Cheese Kit (V)	25 Turkey & Cheese Sandwich Southwestern Black Beans Orange PB & Jelly Sandwich (V)	26 Turkey-Ham & Cheese Sandwich Cucumber Slices Craisins Yogurt & Cheese Kit (V)	27 Egg Chef Salad (V) w/ Breadstick Baby Carrots Apple

- 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

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MONDAY

30

Veggie Cheese Sub (V)
Celery Sticks
Pear

TUESDAY

31

Turkey-Ham
& Cheese Sandwich
Zesty Corn (L)
Banana
Yogurt & Cheese Kit (V)

WEDNESDAY

1

Vegetarian Nacho Salad (V)
Fresh Broccoli
Apple

THURSDAY

2

Chicken-Ham, Turkey &
Cheese Sandwich
Cucumber Slices
Orange
Yogurt & Cheese Kit (V)

FRIDAY

3

Turkey & Cheese Sub
Baby Carrots
Craisins
Veggie Cheese Sub (V)

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