

March 2019

Afterschool Cold Menu

Afterschool Cold Dinner and Snacks

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>4 <u>FEATURED ENTREES</u></p> <p>Turkey & Cheese Wrap or Yogurt & Cheese Fun Kit</p> <p>Baby Carrots Fresh Orange</p> <p><u>SNACK</u> Cheez-It Crackers 1% Milk</p>	<p>5 <u>FEATURED ENTREES</u></p> <p>Chicken Wrap or Veggie Cheese Sub</p> <p>Fresh Broccoli Fresh Apple Slices</p> <p><u>SNACK</u> Saltine Crackers Creamy Peanut Butter</p>	<p>6 <u>FEATURED ENTREES</u></p> <p>Chicken-Ham & Cheese Sub or PB & Jelly Sandwich</p> <p>Zesty Corn (L) Dried Cranberries</p> <p><u>SNACK</u> Cheddar Goldfish Crackers 1% Milk</p>	<p>7 <u>FEATURED ENTREES</u></p> <p>C. Ham, Turkey & Cheese Sandwich or PB & Jelly Sandwich Celery Sticks Fresh Apple</p> <p><u>SNACK</u> Apple Juice Pretzel Goldfish Crackers</p>	<p>8 <u>FEATURED ENTREES</u></p> <p>Turkey & Cheese Sandwich or Yogurt & Cheese Kit</p> <p>Zest Black Beans Applesauce <u>SNACK</u> Celery Sticks with Ranch Dressing String Cheese</p>
<p>11 <u>FEATURED ENTREES</u></p> <p>C. Ham & Cheese Sandwich or Veggie Cheese Sub</p> <p>Baby Carrots Applesauce</p> <p><u>SNACK</u> Pretzels String Cheese</p>	<p>12 <u>FEATURED ENTREES</u></p> <p>Turkey & Cheese Sub or PB & Jelly Sandwich</p> <p>Zesty Corn (L) Fresh Pear</p> <p><u>SNACK</u> ½ PBJ Sandwich 1% Milk</p>	<p>13 <u>FEATURED ENTREES</u></p> <p>C. Ham, Turkey & Cheese Sandwich or Vegetarian Baja Salad</p> <p>Celery Sticks Fresh Apple</p> <p><u>SNACK</u> Cheddar Goldfish Crackers Apple Juice</p>	<p>14 <u>FEATURED ENTREES</u></p> <p>Chicken Wrap or Veggie Cheese Sub</p> <p>Fresh Banana Mixed Lettuce Salad</p> <p><u>SNACK</u> Cheez-It Crackers 1% Milk</p>	<p>15 <u>FEATURED ENTREES</u></p> <p>Chicken-Ham & Cheese Sub or Yogurt & Cheese Fun Kit</p> <p>Zest Black Beans Apple Slices</p> <p><u>SNACK</u> Pretzel Goldfish Crackers String Cheese</p>
<p>18 <u>FEATURED ENTREES</u></p> <p>Turkey & Cheese Wrap or Yogurt & Cheese Fun Kit</p> <p>Mixed Lettuce Salad Fresh Orange</p> <p><u>SNACK</u> Cheddar Goldfish Crackers 1% Milk</p>	<p>19 <u>FEATURED ENTREES</u></p> <p>Chicken Wrap or Yogurt & Cheese Fun Kit</p> <p>Fresh Broccoli Fresh Apple Slices <u>SNACK</u> Fresh Broccoli with Ranch Dressing Cheez-It Crackers</p>	<p>20 <u>FEATURED ENTREES</u></p> <p>Turkey & Cheese Sandwich or Yogurt & Cheese Kit</p> <p>Celery Sticks Fresh Banana</p> <p><u>SNACK</u> Pretzel Goldfish Crackers String Cheese</p>	<p>21 <u>FEATURED ENTREES</u></p> <p>C. Ham, Turkey & Cheese Sandwich or PB & Jelly Sandwich</p> <p>Fresh Cucumber Slices Fresh Apple Slices</p> <p><u>SNACK</u> Cheez-It Crackers Apple Juice</p>	<p>22 <u>FEATURED ENTREES</u></p> <p>Chicken-Ham & Cheese Sub or Yogurt & Cheese Fun Kit</p> <p>Zesty Black Beans Fresh Pear</p> <p><u>SNACK</u> Pretzels String Cheese</p>
<p>25 <u>FEATURED ENTREES</u></p> <p>Turkey and Cheese Sandwich or Veggie Cheese Sub</p> <p>Fresh Broccoli Fresh Orange</p> <p><u>SNACK</u> Cheddar Goldfish Crackers 1% Milk</p>	<p>26 <u>FEATURED ENTREES</u></p> <p>Chicken-Ham & Cheese Sub or PB & Jelly Sandwich</p> <p>Baby Carrots Dried Cranberries</p> <p><u>SNACK</u> ½ PBJ Sandwich 1% Milk</p>	<p>27 <u>FEATURED ENTREES</u></p> <p>Chicken Wrap or Veggie Cheese Sub</p> <p>Zesty Black Beans Fresh Banana</p> <p><u>SNACK</u> Pretzel Goldfish Crackers String Cheese</p>	<p>28 <u>FEATURED ENTREES</u></p> <p>C. Ham, Turkey & Cheese Sandwich or PB & Jelly Sandwich</p> <p>Zesty Corn (L) Apple Slices</p> <p><u>SNACK</u> Cheez-It Crackers Apple Juice</p>	<p>29 <u>FEATURED ENTREES</u></p> <p>C. Ham & Cheese Sub or Veggie Cheese Sub</p> <p>Fresh Cucumber Slices Fresh Apple</p> <p><u>SNACK</u> Pretzels String Cheese</p>

- 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.
- 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.

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