






# K-12 Lunch






## May 2021, In-School



Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
				
Cheese Pizza Crunchers (v) w/ Marinara	Hamburger	Beef Tacos	Turkey-Pepperoni Pizza Cheese Pizza (v)	BBQ Chicken Meatball Sub
Fresh Broccoli	Celery Sticks	Chili Corn Salad	Baby Carrots	Tater Tots
Orange	Blueberries	Apple Slices	Orange	Strawberries



Take delight in a week full of CPS FRESHness, May 10 -14! See below for details.

<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b> Student-inspired!
				
Vegetarian Sloppy Joe (v)	Beef Teriyaki Sub w/ Rainbow Slaw	Chicken Patty Sandwich	Cheese Pizza (v)	Vaughn HS Noodle Bowl w/ Dinner Roll Topped w/ Kale, Shredded Carrots, and Cilantro
Mixed Green Salad w/ Ranch Dressing	Kiwi	Cajun Slaw	Mixed Green Salad W/ Lemon Vinaigrette	Kiwi
Orange		Apple Slices	Orange	

### Thank you for dining with us!

**Plant-Forward Monday!** Try our delicious meat-free options!  
**Tasty Tuesdays** are where whole-wheat tortillas or whole-grain chips meet tasty flavor combinations sure to satisfy!  
**Windy City Wednesday** is when you can savor recipes inspired by various neighborhoods throughout the City of Chicago.  
**Throwback Thursdays** are where your favorite flavors come to the café!  
**Feel Good Fridays** finish strong with simple, delicious meals to end the week.  
 This institution is an equal opportunity provider.  
 Not all offerings may be available in all buildings.  
 Questions? E-mail us at [food@cps.edu](mailto:food@cps.edu)!






**CPS FRESH** is a weeklong celebration of fresh, crisp, colorful, and healthy fruits and vegetables, like kiwi and kale. To end the week, we will serve a winning *Cooking Up Change* recipe, inspired by culinary students from Vaughn High School!  
 We encourage you to use ingredients you already have at home, like nuts, spices and sauces to enhance these items or create your own recipes!








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 <p><b>17</b></p> <p>Mac &amp; Cheese (v)</p> <p>Fresh Broccoli</p> <p>Orange</p>	 <p><b>18</b></p> <p>Hamburger</p> <p>Cucumber Slices</p> <p>Pear</p>	 <p><b>19</b></p> <p>Chicken Tenders</p> <p>Baby Carrots</p> <p>Apple Slices</p>	 <p><b>20</b></p> <p>Personal Cheese Pizza (v)</p> <p>Celery Sticks</p> <p>Orange</p>	 <p><b>21</b></p> <p>Beef &amp; Rice Taco Bowl topped with Shredded Cheddar Cheese</p> <p>Sweet Corn (L)</p> <p>Strawberries</p>

### Try the Chicken Marinara Meatball Sub on May 25<sup>th</sup>!

 <p><b>24</b></p> <p>Vegetarian Sloppy Joe (v)</p> <p>Fresh Broccoli</p> <p>Orange</p>	 <p><b>25</b></p> <p>Chicken Marinara Meatball Sub</p> <p>Celery Sticks</p> <p>Banana</p>	 <p><b>26</b></p> <p>Chicken Patty Sandwich</p> <p>Crinkle Cut Fries</p> <p>Apple Slices</p>	 <p><b>27</b></p> <p>Personal Turkey-Pepperoni Pizza</p> <p>Cucumber Slices</p> <p>Orange</p>	 <p><b>28</b></p> <p>Chicken Nachos</p> <p>Black Bean Salsa</p> <p>Banana</p>
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### We are honored to serve you!

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All chicken served is **No Antibiotic Ever**.  
 Our menus are **pork-free**.  
**Vegetarian** entrees are identified with (V).  
**Local** produce grown within 350 miles is identified with (L).  
**Gluten-Free** products are identified with (GF).  
 Menus containing **fish** are identified with   
 We only use heart-healthy **whole grains**.  
 Our **milk** options include 1%, low-fat, and fat-free.

