

May 2019

Afterschool Cold Menu

Cold Dinner and Snacks

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 <u>FEATURED ENTREES</u> Turkey & Cheese Sandwich or Veggie Cheese Sub Celery Sticks Fresh Orange <u>SNACK</u> Pretzel Goldfish Crackers String Cheese	7 <u>FEATURED ENTREES</u> Chicken-Ham & Cheese Sub PB & Jelly Sandwich Baby Carrots Fresh Apple <u>SNACK</u> Cheddar Goldfish Crackers 1% Milk	8 <u>FEATURED ENTREES</u> Chicken Wrap or Veggie Cheese Sub Cucumber Slices Fresh Banana <u>SNACK</u> Apple Juice Cheez-It Crackers	9 <u>FEATURED ENTREES</u> Chicken-Ham & Cheese Sandwich Celery Sticks Fresh Orange <u>SNACK</u> ½ PBJ Sandwich 1% Milk	10 <u>FEATURED ENTREES</u> Chicken-Ham, Turkey & Cheese Sandwich or Veggie Cheese Sub Zesty Corn (L) Fresh Apple <u>SNACK</u> Pretzels and String Cheese
13 <u>FEATURED ENTREES</u> Turkey & Cheese Wrap Or Yogurt & Cheese Fun Kit Baby Carrots Fresh Orange <u>SNACK</u> Fresh Broccoli with Ranch Dressing & String Cheese String Cheese	14 <u>FEATURED ENTREES</u> Chicken Wrap or Veggie Cheese Sub Fresh Broccoli Fresh Apple <u>SNACK</u> Saltine Crackers Creamy Peanut Butter	15 <u>FEATURED ENTREES</u> Chicken-Ham & Cheese Sub Or PB & Jelly Sandwich Cucumber Slices Fresh Banana <u>SNACK</u> Cheddar Goldfish Crackers 1% Milk	16 <u>FEATURED ENTREES</u> Chicken-Ham & Cheese Sandwich Celery Sticks Fresh Orange <u>SNACK</u> Apple Juice Pretzel Goldfish Crackers	17 <u>FEATURED ENTREES</u> Turkey & Cheese Sandwich Yogurt & Cheese Fun Kit Baby Carrots Fresh Apple <u>SNACK</u> Cheez-It Crackers 1% Milk
20 <u>FEATURED ENTREES</u> Chicken Wrap or Yogurt & Cheese Fun Kit Fresh Broccoli Fresh Orange <u>SNACK</u> Pretzels String Cheese	21 <u>FEATURED ENTREES</u> Turkey & Cheese Sandwich Veggie Cheese Sub Mashed Potatoes Fresh Apple <u>SNACK</u> Fresh Broccoli with Ranch Dressing & Cheez-It Crackers	22 <u>FEATURED ENTREES</u> Chicken-Ham, Turkey & Cheese Sandwich Celery Sticks Fresh Banana <u>SNACK</u> Cheddar Goldfish Crackers 1% Milk	23 <u>FEATURED ENTREES</u> Chicken-Ham & Cheese Sub or PB & Jelly Sandwich Cucumber Slices Fresh Pear <u>SNACK</u> Apple Juice Graham Crackers	24 <u>FEATURED ENTREES</u> Turkey & Cheese Wrap Or Yogurt & Cheese Kit Baby Carrots Fresh Apple Slices (L) <u>SNACK</u> Cheez-It Crackers 1% Milk
27 Memorial Day	28 <u>FEATURED ENTREES</u> Chicken-Ham & Cheese Sub or PB & Jelly Sandwich Baby Carrots Fresh Apple <u>SNACK</u> Celery Sticks with Ranch Dressing and Cheez-It Crackers	29 <u>FEATURED ENTREES</u> Chicken Wrap or Veggie Cheese Sub Celery Sticks Fresh Pear <u>SNACK</u> ½ PBJ Sandwich 1% Milk	30 <u>FEATURED ENTREES</u> Chicken-Ham, Turkey & Cheese Sandwich or Yogurt & Cheese Fun Kit Fresh Broccoli Fresh Orange Wedges <u>SNACK</u> Apple Juice Pretzels	31 <u>FEATURED ENTREES</u> Chicken-Ham & Cheese Wrap Cucumber Slices Fresh Apple <u>SNACK</u> Cheddar Goldfish Crackers 1% Milk

- 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