






MAY K-8 LUNCH





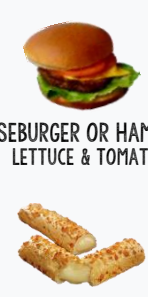
ALL STUDENTS EAT FREE! ♦ www.cps.edu/food

Fresh Attitude Week is an annual event that highlights fresh fruit and vegetables in school meals to expand students' palates and attitude toward fresh food. This year, Fresh Attitude Week brings us five days of new, flavorful recipes celebrating colorful fresh fruits and vegetables!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>6</p> <p>NEW! TRY JICAMA & LOW-SODIUM TAJIN!</p> <p>NEW! TRY GRAPE TOMATOES!</p> <p>Tony's CHEESE PIZZA (V)</p> <p>Tyson CHICKEN TENDERS WITH BREADSTICK</p>	 <p>7</p> <p>Cooking up Change* INSPIRED BY CULINARY STUDENTS AT VAUGHN HIGH SCHOOL!</p> <p>NEW! CAJUN CHICKEN SANDWICH WITH CABBAGE SLAW, CORN ELOTES SALAD (L), APPLE & YOGURT DIPPERS (L)</p> <p>GRILLED CHEESE SANDWICH (V)</p> <p>NEW! BREADED CHICKEN CHEF SALAD OR EGG CHEF SALAD (V)</p> <p>EMOJI POTATOES (L)</p>	 <p>8</p> <p>GROUND TURKEY TACOS OR CHEESY BEAN TACOS WITH NEW! PICO DE GALLO</p> <p>NEW! TAJIN-SPICED CUCUMBER</p> <p>NEW! TAJIN-SPICED CANTALOUPE & HONEYDEW MELON</p> <p>CHEESE PIZZA STICKS (V)</p>	 <p>9</p> <p>NEW! TRY ROASTED PLANTAINS!</p> <p>NEW! JERK CHICKEN LEG OR ROTISSERIE CHICKEN LEG (L)</p> <p>NEW! STEAMED CARROT, CAULIFLOWER & BROCCOLI BLEND</p> <p>NEW! MANGO SRIRACHA HORCHATA 100% JUICE FROZEN CUP!</p> <p>CHEESE QUESADILLA (V)</p> <p>EGG CHEF SALAD (V)</p>	 <p>10</p> <p>NEW! TURKEY MEATBALL LO MEIN WITH SWEET THAI VEGGIE STIR FRY (BROCCOLI, CAULIFLOWER, CARROTS, GREEN PEPPER, YELLOW SQUASH, ZUCCHINI COINS, AND SNOW PEAS)</p> <p>FISH STICKS WITH TARTAR SAUCE</p>

PB & JELLY SANDWICHES AND A VARIETY FRUITS & VEGETABLES OFFERED DAILY!

 <p>13</p> <p>CHEESE PIZZA (V)</p> <p>HOT DOG ON BUN</p> <p>SALAD MIX, BABY CARROTS, CELERY STICKS, APPLE SLICES (L), FRESH BANANA</p>	 <p>14</p> <p>CHICKEN NACHOS OR VEGETARIAN NACHOS (V) SOUR CREAM - JALAPEÑOS - TACO SAUCE</p> <p>PINTO CHARRO BEANS</p> <p>FRESH BROCCOLI, FIESTA CORN (L), CRANBERRIES, & APPLE SLICES (L)</p>	 <p>15</p> <p>BRUNCH FOR LUNCH! WAFFLES & MAPLE SYRUP CHEESY SCRAMBLED EGGS (V) OR NEW! MEXICAN-STYLE EGG SCRAMBLE (V)</p> <p>PB & JELLY SANDWICH (V)</p> <p>SALAD MIX, BABY CARROTS, CELERY STICKS, CRANBERRIES, FRESH ORANGE</p>	 <p>16</p> <p>NEW! HOT 'N' SPICY CHICKEN PATTY SANDWICH (OR PLAIN) WITH LETTUCE & TOMATO</p> <p>GRILLED CHEESE SANDWICH (V)</p> <p>EGG CHEF SALAD (V) OR ROASTED VEGGIE SALAD (V)</p> <p>WAFFLE FRIES FRESH BROCCOLI, BANANA, APPLE SLICES (L)</p>	 <p>17</p> <p>CHEESEBURGER OR HAMBURGER LETTUCE & TOMATO</p> <p>CHEESE PIZZA STICKS (V) WITH MARINARA SAUCE</p> <p>BABY CARROTS, CUCUMBER SLICES, WHOLE PEAR, FRESH ORANGE</p>
---	---	--	--	--

PB & JELLY SANDWICHES AND A VARIETY 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.





MAY K-8 LUNCH

ALL STUDENTS EAT FREE! • WWW.CPS.EDU/FOOD

MONDAY 	TUESDAY 	WEDNESDAY 	THURSDAY 	FRIDAY 
 20 TONY'S CHEESE PIZZA (V)  CHICKEN TENDERS WITH BREADSTICK SALAD MIX, BABY CARROTS, CELERY STICKS, APPLE SLICES (L), FRESH BANANA	 21 CHICKEN OR BEAN TACOS (V) SOUR CREAM · JALAPEÑOS · SALSA GRILLED CHEESE SANDWICH (V) BLACK CHARRO BEANS SWEET CORN (L) CUCUMBER SLICES, FRESH BROCCOLI, CRANBERRIES, APPLE SLICES (L)CV	 22 NEW! BEEFY MAC & CHEESE OR BAKED MAC & CHEESE (V) CHEESEBURGER, HAMBURGER OR HOT DOG SALAD MIX, BABY CARROTS, CELERY STICKS, CRANBERRIES, CANTALOUPE & HONEYDEW MELON	 23 GRILLED CHEESE SANDWICH (V) CHICKEN NUGGETS WITH BREADSTICK EGG CHEF SALAD (V) MASHED POTATOES CUCUMBER SLICES, FRESH BROCCOLI, CRANBERRIES, APPLE SLICES (L)	 24 SWEET THAI POPCORN CHICKEN WITH BROWN RICE FISH SANDWICH WITH LETTUCE & TOMATO BABY CARROTS, CUCUMBER SLICES, CRANBERRIES, FRESH ORANGE
PB & JELLY SANDWICHES AND A VARIETY FRUITS & VEGETABLES OFFERED DAILY!				
27 MEMORIAL DAY	 28 BEEF OR BLACK BEAN & RED PEPPER NACHO BAKE (V) SOUR CREAM · JALAPEÑOS · SALSA PB & JELLY SANDWICH (V) SWEET CORN (L) PINTO CHARRO BEANS CUCUMBER SLICES, FRESH BROCCOLI, CRANBERRIES, FRESH APPLE	 29 BRUNCH FOR LUNCH! WAFFLES & MAPLE SYRUP CHEESY SCRAMBLED EGGS (V) OR NEW! MEXICAN-STYLE EGG SCRAMBLE (V) PB & JELLY SANDWICH (V) TATER TOTS BABY CARROTS, CELERY STICKS, FRESH BROCCOLI, FRESH ORANGE, CRANBERRIES	  30 CHEF'S SPECIAL BAKED CHICKEN LEG (L) WITH BREADSTICK GRILLED CHEESE SANDWICH (V) EGG SALAD SANDWICH (V) OR ROASTED VEGGIE SALAD MASHED POTATOES SALAD MIX, FRESH BROCCOLI, APPLE SLICES (L), FRESH BANANA	 31 BACKYARD PICNIC LUNCH! CHEESEBURGER FISH STICKS HOT DOG CREAMY CABBAGE COLESLAW PB & JELLY SANDWICH (V) LEAF LETTUCE & TOMATO, BABY CARROTS, WHOLE PEAR, FRESH ORANGE

PB & JELLY SANDWICHES AND A VARIETY 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.