

# November 2018

## Afterschool Cold Menu

## Afterschool Cold Dinner and Snacks

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>5</b> <u>FEATURED ENTREES</u> Chicken-Ham, Turkey & Cheese Sandwich Fresh Cucumber Slices Diced Pears <u>SNACK</u> Cheddar Goldfish Crackers 1% Milk	<b>6</b> <u>FEATURED ENTREES</u> Chicken Wrap Fresh Broccoli Fresh Banana <u>SNACK</u> Half PB & J Sandwich 1% Milk	<b>7</b> <u>FEATURED ENTREES</u> Chicken-Ham & Cheese Sandwich Baby Carrots Fresh Apple Slices <u>SNACK</u> Pretzel Goldfish Crackers String Cheese	<b>8</b> <u>FEATURED ENTREES</u> Turkey & Cheese Sandwich Fresh Cucumber Slices Diced Pears <u>SNACK</u> Apple Juice Cheez-It Crackers	<b>9</b> <u>FEATURED ENTREES</u> Chicken-Ham & Cheese Sub Fresh Broccoli Dried Cranberries <u>SNACK</u> Baby Carrots Ranch Dressing String Cheese
<b>12</b>	<b>13</b> <u>FEATURED ENTREES</u> Turkey & Cheese Sandwich Fresh Broccoli Diced Pears <u>SNACK</u> Cheddar Goldfish Crackers 1% Milk	<b>14</b> <u>FEATURED ENTREES</u> Chicken-Ham & Cheese Sandwich Mixed Lettuce Salad Fresh Apple Slices <u>SNACK</u> Graham Crackers String Cheese	<b>15</b> <u>FEATURED ENTREES</u> Chicken-Ham, Turkey & Cheese Sandwich Celery Sticks Fresh Banana <u>SNACK</u> Cheez-It Crackers 1% Milk	<b>16</b> <u>FEATURED ENTREES</u> Chicken Wrap Baby Carrots Dried Cranberries <u>SNACK</u> Fresh Broccoli Ranch Dressing String Cheese
<b>19</b> <u>FEATURED ENTREES</u> Chicken-Ham & Cheese Sandwich Fresh Broccoli Diced Pears <u>SNACK</u> Saltine Crackers Creamy Peanut Butter	<b>20</b> <u>FEATURED ENTREES</u> Turkey & Cheese Sandwich Baby Carrots Dried Cranberries <u>SNACK</u> Pretzels String Cheese	<b>21</b>	<b>22</b>	<b>23</b>
<b>26</b> <u>FEATURED ENTREES</u> Chicken-Ham, Turkey & Cheese Sandwich Fresh Broccoli Fresh Apple <u>SNACK</u> Cheez-It Crackers 1% Milk	<b>27</b> <u>FEATURED ENTREES</u> Chicken Wrap Mixed Lettuce Salad Diced Pears <u>SNACK</u> Baby Carrots Ranch Dressing String Cheese	<b>28</b> <u>FEATURED ENTREES</u> Chicken-Ham & Cheese Sub Baby Carrots Fresh Apple <u>SNACK</u> Half PB & J Sandwich 1% Milk	<b>29</b> <u>FEATURED ENTREES</u> Turkey & Cheese Sandwich Celery Sticks Dried Cranberries <u>SNACK</u> Apple Juice Pretzel Goldfish Crackers	<b>30</b> <u>FEATURED ENTREES</u> Chicken Wrap Fresh Broccoli Fresh Pear <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.
- 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](http://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](mailto:food@cps.edu)