

October 2019

After-School Cold Dinner

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7 <u>FEATURED ENTRÉES</u> Vegetarian Nacho Salad or PB & Jelly Sandwich Fresh Broccoli Pear	8 <u>FEATURED ENTRÉES</u> Turkey-Ham & Cheese Sandwich Yogurt & Cheese Fun Kit Baby Carrots Craisins	9 <u>FEATURED ENTRÉES</u> Turkey Chef Salad with Honey Wheat Breadstick PB & Jelly Sandwich Celery Sticks Banana	10 <u>FEATURED ENTRÉES</u> Chicken-Ham, Turkey & Cheese Sandwich or PB & Jelly Sandwich Mixed Green Salad Plum	11 <u>FEATURED ENTRÉES</u> Chicken-Ham & Cheese Wrap Yogurt & Cheese Fun Kit Cucumber Slices Apple Slices
14  Schools Closed	15 <u>FEATURED ENTRÉES</u> Turkey Chef Salad or Egg Chef Salad with Honey Wheat Breadstick Baby Carrots Banana	16 <u>FEATURED ENTRÉES</u> Chicken-Ham, Turkey & Cheese Sandwich PB & Jelly Sandwich Mixed Green Salad Craisins	17 <u>FEATURED ENTRÉES</u> Chicken-Ham & Cheese Sandwich Yogurt & Cheese Fun Kit Cucumber Slices Plum	18 <u>FEATURED ENTRÉES</u> Turkey & Cheese Sub PB & Jelly Sandwich Baby Carrots Apple Slices
21 <u>FEATURED ENTRÉES</u> Yogurt & Cheese Fun Kit Fresh Broccoli Pear	22 <u>FEATURED ENTRÉES</u> Turkey Chef Salad or Egg Chef Salad with Honey Wheat Breadstick Celery Sticks Banana	23 <u>FEATURED ENTRÉES</u> Turkey & Cheese Wrap PB & Jelly Sandwich Mixed Green Salad Craisins	24 <u>FEATURED ENTRÉES</u> Chicken-Ham & Cheese Sandwich Yogurt & Cheese Fun Kit Baby Carrots Plum	25 <u>FEATURED ENTRÉES</u> Chicken-Ham, Turkey & Cheese Sandwich PB & Jelly Sandwich Cucumber Slices Apple Slices
28 <u>FEATURED ENTRÉES</u> Egg Chef Salad with Honey Wheat Breadstick Fresh Broccoli Pear	29 <u>FEATURED ENTRÉES</u> Turkey-Ham & Cheese Sandwich P & Jelly Sandwich Mixed Green Salad Banana	30 <u>FEATURED ENTRÉES</u> Vegetarian Nacho Salad Cucumber Slices Craisins	31 <u>FEATURED ENTRÉES</u> Chicken-Ham & Cheese Sub PB & Jelly Sandwich Zesty Corn Plum	1 <u>FEATURED ENTRÉES</u> Turkey & Cheese Sandwich Yogurt & Cheese Fun Kit Celery Sticks Apple Slices

- 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.

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

September 2019

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 FEATURED ENTRÉES Veggie Cheese Sub or PB & Jelly Sandwich Cucumber Slices Orange	1 FEATURED ENTRÉES Turkey Chef Salad or Egg Chef Salad Honey Wheat Breadstick Fresh Broccoli Banana	2 FEATURED ENTRÉES Turkey Ham & Cheese Sandwich or PB & Jelly Sandwich Mixed Green Salad Apple Slices	3 FEATURED ENTRÉES Turkey & Cheese Sub Cucumber Slices Orange Yogurt & Cheese Fun Kit	4 FEATURED ENTRÉES Chicken Ham, Turkey & Cheese Sandwich Baby Carrots Plum Yogurt & Cheese Fun Kit



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