



9-12 Lunch

December 2021




Monday	Tuesday	Wednesday	Thursday	Friday
Brunch for Lunch! 29 Eggoji Waffle & Chicken-Sausage w/ SunButter or Maple Syrup Egg, Cheese & Cracker Kit (V) Seasoned Potatoes (L) Baby Carrots Celery Sticks Pear Orange	30 BBQ Beef or Bean (V) Nachos or Tacos Turkey, Chicken-Ham & Cheese Sub Black Bean Salad Cucumber Slices Green Pepper Strips Apple Strawberry Craisins	1 Chicken Fried Rice or Egg Fried Rice (V) Baja Chicken Salad or Veggie Baja Salad (V) w/ Dinner Roll Green Beans Baby Carrots Mixed Green Salad Celery Sticks Orange Pear	2 Roasted Sweet Potato & Black Bean Chili (V) w/ Dinner Roll Protein Crunch Kit w/ Chickpea Salad, Crackers, & Cucumber Slices Roasted Sweet Potatoes Cucumber Slices Green Pepper Strips Mixed Green Salad Apple Slices Banana	3 Cheese Pizza (V) Chicken Caesar Wrap  STUDENT-INSPIRED Broccoli Sauté Baby Carrots Celery Sticks Mixed Green Salad Orange Strawberry Craisins

Student-Inspired Broccoli Sauté will be served on 12/3!

6 Chicken Patty Sandwich Grilled Cheese Sandwich (V) Emoji Potatoes Celery Sticks Baby Carrots Mixed Green Salad Pear Apple Slices	7 Chipotle Chicken or Lentil (V) Tacos or Nachos Turkey & Cheese Sandwich Kickin' Pintos Cucumber Slices Green Pepper Strips Mixed Green Salad Orange Banana	8 Rotisserie Chicken Drumsticks w/ Quinoa & Rice Blend Chicken or Egg (V) Chef Salad w/ Dinner Roll Seasoned Carrots Celery Sticks Baby Carrots Mixed Green Salad Pear Apple Slices	9 BBQ Lentil Sloppy Jo Protein Crunch Kit w/ Yogurt, SunButter, Celery Sticks & Crackers Seasoned Broccoli Green Pepper Strips Cucumber Slices Mixed Green Salad Strawberry Craisins Banana	10  Chicago Deep Dish Pasta (meatless option available) Chicken-Ham & Cheese Wrap Garlic Green Beans Celery Sticks Baby Carrots Mixed Green Salad Apple Strawberry Crisp
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Our Winter Meal Features CPS' Chicago Deep Dish Pasta on 12/10!

All chicken served is **No Antibiotic Ever**.
 Our menus are **pork-free**.
Plant-forward or meatless entrees are identified by (V).
Local produce grown within 350 miles is identified by (L).
 Menus containing **fish** are identified with 
 All grain/bread items served are **Whole Grain Rich**.
 Our **milk** options include 1% and fat-free.
 PBJ or Sunbutter & Jelly served daily.
Thank you for dining with us!

This institution is an equal opportunity provider!
 Not all offerings may be available in all buildings and menus are subject to change.
 Questions?
 E-mail us at food@cps.edu!



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National Biscuits & Gravy Day 13 Chicken Tenders w/ Biscuits & Gravy Boiled Egg, SunButter, Celery & Cracker Kit (V) Seasoned Broccoli Baby Carrots Pear Orange	14 Beef or Bean (V) Sweet Potato Burrito Bowl Chipotle Rice & Breadstick Turkey, Chicken-Ham & Cheese Sub Roasted Sweet Potatoes Three Bean Salad Apple Strawberry Craisins	15 Nashville Hot Chicken Drumsticks w/ Dinner Roll Protein Crunch Kit w/ Taco Hummus, Crackers & Cheese Cubes Seasoned Carrots Crinkle Cut Fries Blueberries Pear	16 Vegetarian Soba Noodle Bowl (V) Egg Salad Sandwich (V) Steamed Carrots Seasoned Green Beans Strawberry Craisins Orange	17 Cheese Pizza Crunchers (V) w/ Marinara Turkey & Cheddar Sub w/ Chipotle Mayo Lemony Broccoli Celery Sticks Applesauce Blueberries

Celebrate National Biscuits & Gravy Day with us on 12/13!

Winter Vacation No School

December 20, 2021 - December 31, 2021

Happy holidays! We'll see you January 3rd!

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