




K-8 Lunch

December 2021




Monday	Tuesday	Wednesday	Thursday	Friday
Brunch for Lunch 29 Eggoji Waffle & Chicken-Sausage w/ SunButter or Maple Syrup Boiled Egg, SunButter, Celery Sticks & Pretzel Goldfish Kit (V) Oven-Roasted Potatoes (L) Baby Carrots Pear Orange	30 BBQ Beef Nachos or BBQ Bean Nachos (V) Chicken-Ham & Cheese Sandwich Black Bean Salad Celery Sticks Apple Strawberry Craisins	1 Veggie Fried Rice (V) w/ Breadstick Cheese Quesadilla (V) Cucumber Slices Baby Carrots Orange Pear	2 Roasted Sweet Potato & Black Bean Chili (V) w/ Breadstick Triple Cheese Sub (V) Roasted Sweet Potatoes Celery Sticks Apple Slices Banana	3 Cheese Pizza (V) Turkey & Cheddar Sub w/ Chipotle Mayo  STUDENT-INSPIRED Broccoli Sauté Baby Carrots Orange Strawberry Craisins

Try the Student-Inspired Broccoli Sauté on 12/3!

6 Chicken Patty Sandwich Grilled Cheese Sandwich (V) Emoji Potatoes Cucumber Slices Pear Orange	7 Chipotle Chicken Tacos or Lentil Tacos (V) Turkey, Chicken-Ham & Cheese Sandwich Black Bean Salsa Baby Carrots Orange Banana	8 Rotisserie Chicken Drumstick or Fish Sticks  w/ Quinoa & Rice Blend Veggie Cheese Sub Cucumber Slices Celery Sticks Applesauce Pear	9 BBQ Sloppy Lentil Joe (V) Cheese Quesadilla (V) Protein Crunch Kit (V) w/ Yogurt, SunButter Celery Sticks & Pretzel Goldfish Seasoned Broccoli Baby Carrots Strawberry Craisins Banana	 Winter Meal Chicago Deep Dish Pasta Smashed Chickpea Salad Sub (V) Garlic Green Beans Celery Sticks 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 Egg Salad Sandwich (V) Seasoned Broccoli Baby Carrots Pear Orange	14 Sweet Potato Burrito Bowl w/ Beef or Bean (V) & Seasoned Rice w/ Breadstick Turkey & Cheese Sandwich Sweet Potatoes Chilled Sweet Corn Apple Strawberry Craisins	15 Jerk Chicken or Rotisserie Drumstick w/ Breadstick Protein Crunch Kit w/ Hummus, Crackers & Baby Carrots Kickin' Pintos Baby Carrots Blueberries Pear	16 Black Bean Ramen Noodle Bowl (V) Egg, Cheese & Cracker Kit (V) Diced Carrots Celery Sticks Strawberry Craisins Orange	17 Cheese Pizza Crunchers (V) w/ Marinara Chicken-Ham & Cheese Sandwich Seasoned Green Beans Baby Carrots Cinnamon Applesauce Blueberries


CPS meals are free to all students, daily!

Winter Vacation

No School

December 20, 2021 - December 31, 2021

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

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