


# 9-12 Lunch

## January 2022




Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Chicken Tenders w/ Dinner Roll	Nachos or Tacos w/ Chicken or Beans (V)	Thai SunButter Chicken Leg w/ LoMein Noodles	Lentil Curry Rice (V)	Cheese Pizza (V)
Cheese Quesadilla (V) w/ Salsa	Chicken-Ham & Cheese Sandwich	Egg Salad Sandwich (V)	Triple Cheese Sub (V)	Chipotle Turkey & Cheese Wrap
Crinkle Cut Fries Baby Carrots	Bean Salsa Celery Sticks	Seasoned Mixed Vegetables Baby Carrots	Seasoned Green Beans Celery Sticks	Seasoned Broccoli Baby Carrots
Dried Cranberries Apple	Orange Blueberries	Apple Crisps Orange	Pear Strawberries	Apple Watermelon Craisins

Happy New Year and welcome back!

<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	 <b>14</b>
Buffalo Chicken Grilled Cheese Plain also available	Nachos or Tacos w/ Chicken or Lentils	BBQ Chicken Drumsticks w/ Biscuit	Sweet Potato & Black Bean Chili (V) w/ Breadstick	Cheese Pizza Crunchers (V) w/ Marinara
Turkey & Cheese Sandwich	Turkey, Chicken-Ham & Cheese Hoagie	Triple Cheese Sub (V)	Cheese Quesadilla (V)	Buffalo Chicken Chef Salad or Egg Chef Salad (V) w/ Dinner Roll
Sweet Potato Fries Fresh Broccoli Baby Carrots	Kickin' Pintos Cucumber Slices Chilled Sweet Corn	Seasoned Broccoli Baby Carrots Creamy Coleslaw	Protein Crunch Kit w/ Bean Dip (V)	Seasoned Carrots Fresh Broccoli Zesty Slaw
Orange Pear	Orange Craisins Apple	Orange Pear	Roasted Sweet Potatoes Celery Sticks Cucumber Slices	Strawberries Pear

We are happy to see and serve you!

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](mailto:food@cps.edu)!



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<p>17</p> <p><b>MARTIN LUTHER KING JR. DAY</b> *** TRIBUTE DINNER ***</p> <p>Schools Closed</p>	<p>18</p> <p>PizzaBoli</p> <p>Turkey, Chicken-Ham &amp; Cheese Sub</p> <p>Garlic Green Beans Baby Carrots Cucumber Slices</p> <p>Watermelon Craisins Apple</p>	<p>19</p> <p>Greek Garlic Meatball Pasta or Sub</p> <p>Chicken or Egg (V) Caesar Salad w/ Dinner Roll</p> <p>Seasoned Mixed Vegetables Cucumber Slices Baby Carrots</p> <p>Orange Pear</p>	<p>20</p> <p>Cheese Lover's Mac &amp; Cheese (V) w/ Crumbled Cheez-Its</p> <p>Chickpea Salad &amp; Cracker Kit (V)</p> <p>Seasoned Broccoli Celery Sticks Fresh Broccoli</p> <p>Apple Slices Banana</p>	<p>21</p> <p>Enchilada Rice Bowl w/ Chicken or Bean &amp; Cheese (V)</p> <p>Chicken-Ham &amp; Cheese Sandwich</p> <p>Seasoned Corn Bean Salad Fresh Broccoli</p> <p>Blueberries Orange</p>

Garlic lover? Try our new Greek Garlic Meatballs on January 19<sup>th</sup>!

<p>24</p> <p>Veggie Burger (V), Hamburger, or Spicy Chicken Patty Sandwich <i>plain also available</i></p> <p>Spicy Veggie Cheese Wrap (V)</p> <p>Sweet Potato Fries Creamy Slaw Baby Carrots</p> <p>Orange Pear</p>	<p>25</p> <p>Beef or Lentil Fajita's w/ Salsa</p> <p>Turkey &amp; Cheese Sandwich</p> <p>Sauteed Peppers &amp; Onions</p> <p>Black Bean Salad Celery Sticks</p> <p>Orange Craisins Apple</p>	<p>26</p> <p>Lemon Pepper Chicken Drumsticks w/ Quinoa or Rice Blend</p> <p>Buffalo Chef Salad or Egg Chef Salad w/ Dinner Roll</p> <p>Seasoned Mixed Vegetables Fresh Broccoli Cucumber Slices</p> <p>Strawberries Pear</p>	<p>27</p> <p>Minestrone Soup (V) w/ Half Grilled Cheese</p> <p>Lentil Burger (V)</p> <p>Protein Crunch Kit w/ Bean Dip (V)</p> <p>Seasoned Green Beans Baby Carrots Celery Sticks</p> <p>Orange Banana</p>	<p>28</p> <p>School Improvement Day</p> <p>No Classes</p>
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Warm, hearty soup makes winter days better! Enjoy Minestrone on 1/27.

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