


K-8 Lunch

January 2022




Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Chicken Tenders	Chicken Nachos or Bean Nachos (V)	Thai SunButter Chicken Leg w/ LoMein Noodles	Lentil Curry Rice (V)	Cheese Pizza (V)
Egg, Cheese & Cracker Kit (V)	Turkey & Cheese Sandwich	Egg Salad Sandwich (V)	Triple Cheese Sub (V)	Chicken-Ham & Cheese Sub
Tater Tots Celery Sticks	Bean Salsa Baby Carrots	Seasoned Mixed Vegetables Celery Sticks	Chilled Sweet Corn Fresh Broccoli	Celery Sticks Baby Carrots
Dried Cranberries Apple	Orange Blueberries	Apple Crisps Orange	Strawberry Applesauce Pear	Apple Watermelon Craisins

Happy New Year and welcome back!

10	11	12	13	14
Hamburger	Beef Tacos or Lentil Tacos (V) w/ Lime Crema	BBQ Chicken Drumstick w/ Biscuit	Sweet Potato & Black Bean Chili (V) w/ Breadstick	 Fish Sandwich
Grilled Cheese Sandwich (V)	Turkey, Chicken-Ham & Cheese Sandwich	Veggie Cheese Wrap (V)	Protein Crunch Kit w/ Bean Dip (V)	Cheese Pizza Crunchers (V) w/ Marinara
Sweet Potato Fries Cucumber Slices	Bean Salad Chilled Sweet Corn	Seasoned Broccoli Cucumber Slices	Roasted Sweet Potatoes Celery Sticks	Egg, Cheese & Cracker Kit (V)
Orange Pear	Orange Craisins Apple	Orange Pear	Apple Banana	Zesty Slaw Baby Carrots
				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.

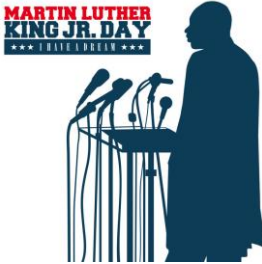
Questions?
 E-mail us at food@cps.edu!



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17  MARTIN LUTHER KING JR. DAY *** TRIBUTE DRETT *** Schools Closed	18 PizzaBoli Chicken-Ham & Cheese Sandwich Fresh Broccoli Three Bean Salad Watermelon Craisins Apple	19 Greek Garlic Meatballs w/ Quinoa Rice Blend Egg Chef Salad (V) w/ Breadstick Cucumber Salad Baby Carrots Orange Strawberry Applesauce	20 Cheese Lover's Mac & Cheese (V) w/ Crumbled Cheez-Its Protein Crunch Kit w/ Chickpea Salad (V) Seasoned Broccoli Baby Carrots Apple Slices Banana	21 Enchilada Rice Bowl w/ Chicken or Cheese Turkey, Chicken-Ham & Cheese Wrap Seasoned Corn Cucumber Slices Blueberries Orange

Garlic lover? Try our new Greek Garlic Meatballs on January 19th!

24 Chicken Patty Sandwich or Veggie Burger (V) Buffalo Chicken Salad Sandwich Sweet Potato Fries Cucumber Slices Orange Pear	25 Beef or Bean (V) Quesadilla w/ Creamy Salsa Turkey & Cheese Sandwich Bean Salsa Chilled Sweet Corn Orange Craisins Apple	26 Lemon Pepper Chicken Drumstick w/ Quinoa Rice Blend Triple Cheese Sub (V) Seasoned Mixed Vegetables Cucumber Slices Strawberry Applesauce Pear	27 Minestrone Soup w/ Half Grilled Cheese or Lentil Burger Protein Crunch Kit w/ Yogurt Celery Sticks Baby Carrots Orange Banana	28 School Improvement Day No Classes
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Warm, hearty soup makes winter days better! Enjoy Minestrone on 1/27.

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