












Summer Lunch

July 2021, In-School

Monday	Tuesday	Wednesday	Thursday	Friday
28 SunButter & Jelly Kit Celery Sticks Apple 	29 Chicken-Ham & Cheese Sandwich Baby Carrots Orange 	30 Turkey & Cheese Sub Cucumber Slices Blueberries 	1 Chicken-Ham, Turkey & Cheese Sandwich Black Bean Salsa Apple 	2 Chicken Wrap Fresh Broccoli Cherry Shape-Up 
5  School Closed In Observance of the Fourth of July Holiday	6 Turkey, Turkey-Salami & Swiss Sandwich Celery Sticks Apple 	7 Turkey & Cheddar Cheese Sandwich Baby Carrots Blueberries 	8 Chicken Mozzarella Pasta Chickpea Salad Orange 	9 Triple Cheese Kit w/ Flatbread Bites Fresh Broccoli Apple 






Plant-Forward Monday! Try our intentionally delicious meat-free options!
Tortilla Tuesdays are where whole-wheat tortillas or whole-grain chips meet tasty flavor combinations sure to satisfy!
Windy City Wednesday is when you can savor recipes inspired by various neighborhoods throughout the City of Chicago.
Throwback Thursdays are where your favorite flavors come to the café!
Feel Good Fridays finish strong with simple, delicious meals to end the week.
 This institution is an equal opportunity provider.
 Not all offerings may be available in all buildings.
 Questions? E-mail us at food@cps.edu!

All chicken served is **No Antibiotic Ever**.
 Our menus are **pork-free**.
Vegetarian entrees are identified with (V).
Local produce grown within 350 miles is identified with (L).
Gluten-Free products are identified with (GF).
 Menus containing **fish** are identified with 
 We only use heart-healthy **whole grains**.
 Our **milk** options include 1%, low-fat, and fat-free.




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Monday	Tuesday	Wednesday	Thursday	Friday
12	13	14	15	16
Fire Ants on a Log Kit Sun Butter Graham Crackers Celery Sticks Strawberry Craisins	Chicken-Ham, Turkey & Cheese Sandwich Fresh Broccoli Apple Slices	Chicken Wrap Cucumber Slices Orange	Lunch Kit w/ Chicken-Ham, Cheddar Cheese, and Flatbread Bites Zucchini Slices Banana	Turkey & Cheese Sandwich Zesty Corn Apple Slices
				

19	20	21	22	23
Chip & Dip Kit Includes Taco Hummus, Cheddar Cheese Cubes & Tortilla Chips Fresh Broccoli Applesauce	Pastrami & Swiss Sandwich Cucumber Slices Orange	Chicken Burrito Black Beans Salsa Apple Slices	Turkey & Cheddar Cheese Sub Baby Carrots Banana	Turkey, Turkey- Salami & Swiss Sandwich Side Salad Strawberries
				






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26	27	28	29	30
Triple Cheese Sub	Chicken-Ham & Cheese Sandwich	Pastrami & Swiss Sandwich	Chicken-Ham, Turkey & Cheese Sandwich	Chicken Wrap
Cabbage & Carrot Slaw	Baby Carrots	Cucumber Slices	Black Bean Salsa	Fresh Broccoli
Apple Slices	Orange	Strawberry Lemonade Sorbet Cup	Apple Slices	Orange
				

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