





9-12 Lunch

October 2021




Monday	Tuesday	Wednesday	Thursday	Friday
4	5	6	7	8
Chicken Nugget Mashed Potato Bowl w/ Gravy & Dinner Roll Egg, Cheese & Cracker Kit (V) Mashed Potatoes, Chilled Sweet Corn, Baby Carrots, Side Salad Pear Orange	Spaghetti w/ Beef or Chickpea Marinara Sauce Turkey, Chicken-Ham & Cheese Sub Seasoned Broccoli, Cucumber Slices, Fresh Broccoli, Side Salad Apple Banana	Chicken or Egg (V) Fried Rice Baja Chicken or Baja Bean Salad (V) w/ Dinner Roll Green Beans, Baby Carrots, Celery Sticks, Side Salad Strawberry Craisins Pear	Butternut Squash & Black Bean Chili (V) w/ Dinner Roll Protein Crunch Kit includes Chickpea Salad, Crackers, Cucumber Slices Roasted Butternut Squash, Fresh Broccoli, Cucumber Slices, Side Salad Apple Slices Banana	Cheese Pizza (V) or Beef Fiestada Chicken Caesar Wrap Seasoned Broccoli, Celery Sticks, Baby Carrots, Side Salad Orange Strawberry Craisins

Try our National School Lunch Week offerings October 12th – 15th!

11	12	13	14	15
 No School	 Chicken Patty Waffle Sandwich Grilled Cheese Sandwich (V) Emoji Potatoes Coleslaw, Fresh Broccoli Side Salad Apple Slices Banana	 Peri-Peri Spiced Chicken Drumsticks (L) w/ Dinner Roll Veggie Cheese Sub w/ Garlic Mayo Butternut Squash Cucumber Slices Baby Carrots, Side Salad Orange Pear	 Black Bean Noodle Bowl (V) Protein Crunch Kit includes Bean Dip, Cheese & Crackers Green Beans Fresh Broccoli Celery Sticks, Side Salad Apple Strawberry Craisins	Jerk Chicken Tacos or Lentil Tacos Chicken-Ham, Turkey-Pastrami, Turkey-Salami & Cheddar Cheese Sub Kickin' Pintos Cool Cucumber Salad Baby Carrots, Side Salad Pear Orange

We are recognizing World Food Day on 10/13 with Peri-Peri Chicken Drumsticks!

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.

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!



9-12 Lunch

October 2021



Monday	Tuesday	Wednesday	Thursday	Friday
18	19	20	21	22
Chicken Tenders w/ Creamy Greek Dipping Sauce & Dinner Roll Baja Chicken or Baja Bean Salad (V) w/ Dinner Roll Green Beans Cucumber Salad Baby Carrots, Side Salad Pear Orange	Cheeseburger Meatloaf w/ Dinner Roll Egg Salad Sandwich (V) Maple Glazed Carrots Fresh Broccoli Celery Sticks, Side Salad Apple Banana	Beef or Bean Roasted Butternut Squash Burrito Bowl (V) w/ Seasoned Rice Turkey, Chicken-Ham & Cheese Sub Roasted Butternut Squash, Three Bean Salad Fresh Broccoli, Side Salad Strawberry Craisins Pear	Lentil Joe Sandwich Protein Crunch Kit w/ Yogurt, Go'Bonzo Chickpeas, Crackers Crinkle Cut Fries, Carrots Celery Sticks, Side Salad Banana Orange	Cheese Pizza Crunchers (V) w/ Marinara Sauce Turkey & Cheese Kaboom Sandwich Lemony Broccoli Baby Carrots, Side Salad Cucumber Slices Apple Slices Pear

High School students are entitled to two fruit and two vegetable selections, every day!

25	26	27	28	29
Beef Burger, Veggie Burger, or Chicken Patty, w/ Cheese, Onions, Lettuce Veggie Cheese Sub w/ Garlic Mayo Emoji Potatoes Fresh Broccoli, Baby Carrots, Side Salad Pear Orange	Chicken or Lentil Fajitas (V) w/ Sautéed Peppers & Onions, Salsa Turkey & Cheese Sandwich Black Bean Salad Cucumber Slices Side Salad Apple Banana	Nashville Hot Chicken Drumsticks w/ Dinner Roll Chicken or Egg Chef Salad w/ Dinner Roll Seasoned Broccoli Baby Carrots Celery Sticks, Side Salad Strawberry Craisins Pear	Vegetarian Shepherd's Pie w/ Mashed Potatoes & Dinner Roll Grilled Cheese Sandwich (V) Protein Crunch Kit includes Chickpea Salad & Crackers Cucumber Slices Celery Sticks, Side Salad Apple Slices Blueberries	Fish Sticks w/ Herbed Quinoa & Rice Blend & Dinner Roll Cheese Pizza (V) Chicken-Ham & Cheese Sandwich Garlic Green Beans Fresh Broccoli, Baby Carrots, Side Salad Eek! Sorbet Cup Strawberry Craisins



On 10/26 try our Fajitas with Chicken or Lentils, Sautéed Onions & Peppers!

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.

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!

