

9-12 Lunch

September 2021




Monday	Tuesday	Wednesday	Thursday	Friday
CPS Favorites Week 30 Chicken Patty Sandwich Grilled Cheese Sandwich (V) Crinkle Cut Fries Baby Carrots Celery Sticks Orange Plum	31 Chicken or Lentil Fajita w/ Sautéed Peppers & Onions (V) Turkey & Cheese Sandwich Black Bean Salad Chilled Sweet Corn Apple Strawberry Craisins	1 Nashville Hot Chicken Drumsticks w/ Dinner Roll Triple Cheese Sub (V) Seasoned Broccoli Baby Carrots Cucumber Slices Plum Orange	2 Cheese Pizza (V) Protein Crunch Kit (V) w/ Hummus, Cheese Cubes, & Crackers Garlic Green Beans Fresh Broccoli Celery Sticks Blueberries Apple	3 Beef or Veggie Burger w/ Cheese (optional) Chicken-Ham & Cheese Sandwich Tater Tots Cucumber Slices Baby Carrots Orange Strawberry Craisins

Welcome back to School with CPS Favorites Week, 8/30 – 9/3!

6 HAPPY LABOR DAY *** NO SCHOOL	7 Chicken Nugget Mashed Potato Bowl w/ Gravy & Dinner Roll Egg, Cheese & Graham Cracker Kit (V) Chilled Sweet Corn Fresh Broccoli Apple Orange	8 Beef or Bean (V) Nachos or Tacos Turkey, Chicken-Ham & Cheese Sub Bean Salsa Baby Carrots Celery Sticks Plum Strawberry Craisins	9 Egg Fried Rice (V) Triple Cheese Sub (V) Seasoned Carrots Fresh Broccoli Cucumber Slices Raisins Apple	10 Beef Fiestada or Cheese Pizza (V) Chicken Caesar Wrap Celery Sticks Seasoned Broccoli Baby Carrots Orange Strawberry Craisins
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Plant-forward Thursdays kick off on 9/9 with Egg Fried Rice!

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 
 We only use heart-healthy **whole grains**.
 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?
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13 BBQ Chicken Salad Sandwich Hot Dog Grilled Cheese Sandwich (V) Campfire Beans Cucumber Slices Fresh Broccoli Side Salad Plum Orange	14 Spaghetti w/ Beef or Chickpea Marinara Sauce Hoagie Sub w/ Chicken-Ham, Turkey Pastrami, Turkey Salami, Cheese, Oregano, Italian Dressing, Lettuce, Onion & Tomato Side Salad, Seasoned Broccoli Celery Sticks, Baby Carrots Apple Banana	15 Rotisserie Chicken Drumstick or Fish Sticks w/ Quinoa & Rice Blend Chicken or Egg Chef Salad w/ Dinner Roll Seasoned Carrots Fresh Broccoli Cucumber Slices Side Salad Orange Plum	 16 Asian Noodle & Bean Salad Cheese Quesadilla (V) Protein Crunch Kit w/ Hummus, Cheese & Crackers Garlic Green Beans Celery Sticks Baby Carrots, Side Salad Banana Craisins	 17 Chipotle Chicken or Chipotle Lentil (V) Nachos or Tacos Veggie Cheese Sub (V) <i>Student Inspired</i> Chili Corn Salad Kickin' Pintos Cucumber Slices Side Salad Apple Slices Plum

It's Hispanic Heritage Month! Join us for Chipotle-seasoned tacos on 9/17!

20 Chicken Tenders w/ Creamy Greek Dip & Dinner Roll Baja Chicken or Vegetarian Baja Salad w/ Dinner Roll Garlic Green Beans Cucumber Tomato Salad (L) Baby Carrots, Side Salad Orange Plum	 21 Beef or Veggie Burger w/ American, Swiss Cheese, or Cheddar Cheese Egg Salad Sandwich (V) Tater Tots, Fresh Broccoli, Celery Sticks, Side Salad Apple Banana	22 Beef or Bean Butternut Squash Burrito Bowl (V) w/ Salsa & Breadstick Turkey, Chicken-Ham & Cheese Sub Three Bean Salad, Baby Carrots, Side Salad Plum Strawberry Craisins	23 Lentil Sloppy Joe (V) Protein Crunch Kit w/ Chickpea Salad, Crackers, & Celery Sticks Crinkle Cut Fries, Fresh Broccoli, Celery Sticks, Side Salad Banana Orange	24 Cheese Pizza Crunchers (V) w/ Marinara Sauce Turkey & Cheese Kaboom Lemony Broccoli, Baby Carrots, Cucumber Slices, Side Salad Apple Slices Plum
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Celebrate National Cheeseburger Month on 9/21.

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27	28	29	30	1
Chicken Patty Sandwich Veggie Cheese Sub (V) w/ Garlic Mayo Tater Tots, Baby Carrots, Celery Sticks, Side Salad Orange Plum	Chicken or Lentil Fajitas w/ Sautéed Peppers & Onions (V) Turkey & Cheese Sandwich Black Bean Salad Cucumber Slices Side Salad Apple Banana	Nashville Hot Chicken Drumstick w/ Dinner Roll Chicken or Egg Chef Salad (V) w/ Dinner Roll Seasoned Broccoli, Baby Carrots, Celery Sticks, Side Salad (L) Strawberry Craisins Plum	Vegetarian Shepherd's Pie w/ Dinner Roll Grilled Cheese (V) Protein Crunch Kit w/ Yogurt, Go' Bonzo Chickpeas & Crackers Mashed Potatoes, Cucumber Slices, Fresh Broccoli, Side Salad Blueberries Apple Slices	Fish Sticks  w/ Herbed Quinoa & Rice Blend Cheese Pizza (V) Garlic Green Beans, Celery Sticks, Baby Carrots, Side Salad Orange Strawberry Craisins

Try our new Herbed Quinoa & Rice Blend on 10/1!

National School Lunch Week is coming in October!

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