





























# DECEMBER K-8 2 ENTRÉE LUNCH

ALL STUDENTS EAT FREE! • [WWW.CPS.EDU/FOOD](http://WWW.CPS.EDU/FOOD)

MONDAY 	TUESDAY 	WEDNESDAY 	THURSDAY 	FRIDAY 
<p>3</p>  <p>CHICKEN TENDERS WITH BREADSTICK</p>  <p>VEGGIE CHEESE SUB (V)</p>	<p>4</p>  <p>BEEF OR BEAN SOFT TACOS (V) SOUR CREAM · JALAPEÑOS · SALSA</p>  <p>CHICKEN HAM &amp; CHEESE SANDWICH</p> <p>TUXEDO BEANS FIESTA CORN (L)</p>	<p>5</p>  <p>BRUNCH FOR LUNCH! PANCAKES WITH HOMESTYLE CHICKEN PATTIES OR CHEESE OMELET (V)</p>  <p>PB &amp; JELLY SANDWICH (V)</p>	<p>6</p>   <p>CHEF'S SPECIAL BAKED CHICKEN LEG (L) WITH BREADSTICK</p>  <p>PB &amp; JELLY SANDWICH (V)</p> <p>MASHED POTATOES</p>	<p>7</p>  <p>BEAN &amp; CHEESE BURRITO (V) SOUR CREAM · JALAPEÑOS · SALSA</p>  <p>TURKEY &amp; CHEESE KABOOM! (V)</p> <p>CREAMY COLESLAW (L) FRESH CANTALOUPE</p>

## FRESH AND CUPPED FRUITS & VEGETABLES OFFERED DAILY!

<p>10</p>  <p>CHEESE PIZZA (V)</p>  <p>TURKEY &amp; CHEESE KABOOM! (V)</p>	<p>11</p>  <p>CHEESY CHICKEN NACHO BAKE OR BLACK BEAN NACHO BAKE (V) SOUR CREAM · JALAPEÑOS · SALSA</p>  <p>PB &amp; JELLY SANDWICH (V)</p> <p>SWEET CORN (L)</p>	<p>12</p>  <p>PASTA WITH CHICKEN MEATBALLS</p>  <p>PB &amp; JELLY SANDWICH (V)</p>	<p>13</p>  <p>BROWNED TURKEY BREAST WITH BAKED BREADSTICK AND HOMESTYLE GRAVY</p>  <p>VEGGIE CHEESE SUB (V)</p>  <p>NEW! GINGER CARROTS (L)</p>	<p>14</p>  <p>CHEESEBURGER OR HAMBURGER LETTUCE &amp; TOMATO</p>  <p>PB &amp; JELLY SANDWICH (V)</p> <p>FRESH CANTALOUPE</p>
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## FRESH AND CUPPED FRUITS & VEGETABLES OFFERED DAILY!

### COLD DELI OPTIONS OFFERED DAILY

**Peanut Butter & Jelly Sandwich\*** Daily

\*SunButter is substituted in buildings with peanut-free menus.

### TOPPINGS OFFERED

**Dressings:** Ranch, Italian & French

**Sauces:** Ketchup, Mustard, Mayo, Hot Sauce, Tartar Sauce

All of our chicken is raised with **No Antibiotics EVER!**

Fruits and veggies rotate daily and may include: cucumber, celery, broccoli, garden salads, tomato, carrots, apples, oranges, bananas, grapes, melon, cranberries, and other cupped fruits.

\*SunButter is substituted in buildings with peanut-free menus.

**Vegetarian** entrees are identified with (V)

**Local** products grown within 350 miles are identified with (L)

We only use heart-healthy **whole grains.**

















Our **milk** options include 1% lowfat and fat-free milk.





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MONDAY 	TUESDAY 	WEDNESDAY 	THURSDAY 	FRIDAY 
 <p>CHEESE PIZZA (V)</p>  <p>CHICKEN HAM &amp; CHEESE SANDWICH</p>	 <p>CHICKEN SOFT TACOS OR BEAN SOFT TACOS (V) SOUR CREAM · JALAPEÑOS · SALSA</p>  <p>PB &amp; JELLY SANDWICH (V)</p>	 <p>CHEESE RAVIOLI WITH BREADSTICK</p>  <p>TURKEY &amp; CHEESE KABOOM!</p>  <p>STEAMED BROCCOLI CURLY FRIES</p>	 <p>CHEF'S SPECIAL BAKED CHICKEN LEG (L) WITH YELLOW RICE</p>  <p>PB &amp; JELLY SANDWICH (V)</p> <p>STEAMED CARROTS (L) STEAMED BROCCOLI WARM CINNAMON APPLES</p>	 <p>CHICKEN NUGGETS WITH BREADSTICK</p>  <p>PB &amp; JELLY SANDWICH (V)</p> <p>SWEET CORN (L) FRESH CANTALOUPE</p>

FRESH AND CUPPED FRUITS & VEGETABLES OFFERED DAILY!

## COLD DELI OPTIONS OFFERED DAILY

**Peanut Butter & Jelly Sandwich\*** offered daily Monday through Friday

\*SunButter is substituted in buildings with peanut-free menus.

## TOPPINGS OFFERED

**Dressings:** Ranch, Italian & French

**Sauces:** Ketchup, Mustard, Mayo, Hot Sauce, Tartar Sauce

All of our chicken is raised with **No Antibiotics EVER!**

Fruits and veggies rotate daily and may include: cucumber, celery, broccoli, garden salads, tomato, carrots, apples, oranges, bananas, grapes, melon, cranberries, and other cupped fruits.

\*SunButter is substituted in buildings with peanut-free menus.

**Vegetarian** entrees are identified with (V)  
**Local** products grown within 350 miles are identified with (L)

We only use heart-healthy **whole grains**.  
Our **milk** options include 1% lowfat and fat-free milk.



This institution is an equal opportunity provider.

Our menus are pork-free!  
All menus are subject to change.  
Not all offerings may be available in all buildings.

Questions? Contact us at [food@cps.edu](mailto:food@cps.edu)