



# K-8 LUNCH MENU

October 2016 - Chicago Public Schools

**NEW!** Chicken & Waffles  
 Turkey Ham Chef Salad & Roll  
 Hamburger/Cheeseburger  
 Tuna Salad Sandwich  
 Peanut Butter & Jelly  
 Tater Tots - Fresh Broccoli  
 Seasonal Fruit

Penné Alfredo with Chicken  
 Bean Nacho Salad  
 Grilled Cheese Sandwich  
 Chicken Wrap  
 Peanut Butter & Jelly  
 Fresh Zucchini  
 Marinated Chickpeas  
 Seasonal Fruit

Cheese Pizza  
 Turkey-Sausage Pizza  
 Tuna Salad Platter & Breadstick  
 Hot Dog  
 Turkey Bologna & Cheese Wrap  
 Peanut Butter & Jelly  
 Tomato Wedges  
 Garden Side Salad  
 Seasonal Fruit

**SPECIAL MIDWEST MENU!**  
 Miller Farms BBQ Chicken  
 Drumstick - *Local!* & Santa Fe Rice  
 Baja Salad - Chili Cheese Wrap  
 Chicken-Ham & Cheese Sandwich  
 Peanut Butter & Jelly  
 Green Beans - *Locally Grown!*  
 Apple Slices - *Locally Grown!*  
 Fresh Broccoli

Breaded Fish Melt  
 Chicken & Cheese Salad & Roll  
 Chicken Patty Sandwich  
 Egg Salad Sandwich  
 Peanut Butter & Jelly  
 Steamed Carrots - *Locally Grown!*  
 Fresh Cucumber Slices  
 Seasonal Fruit

**SCHOOL LUNCH**  
**GROW YOUR SPIRIT!**  
 It's National School Lunch Week!  
 Join us every day to celebrate,  
 starting tomorrow!

Beef Soft Tacos  
 Vegetarian Baja Salad & Roll  
 Chicken Nuggets & Breadstick  
 Chicken-Ham Sandwich  
 Peanut Butter & Jelly  
 Kickin' Pintos  
 Fresh Broccoli  
 Seasonal Fruit

Breaded Chicken  
 Parmesan Penné  
 Croton & Parmesan Salad  
 With Chicken & Roll  
 Grilled Cheese Sandwich  
 Tuna Salad Sandwich  
 Peanut Butter & Jelly  
 Green Beans - *Locally Grown!*  
 Cucumber & Tomato Salad  
 Seasonal Fruit

Deep Dish Cheese Pizza  
 Turkey-Sausage Pizza  
 Turkey Ham Chef Salad & Roll  
 Hamburger/Cheeseburger  
 Veggie Cheese Sandwich  
 Peanut Butter & Jelly  
 Baby Carrots  
 Side Salad  
 Seasonal Fruit

Beef & Bean Nachos  
 Chicken Ham Chef Salad & Roll  
 Fish Sticks & Breadstick  
 Egg Salad Sandwich  
 Peanut Butter & Jelly  
 Fresh Zucchini  
 Fresh Cucumber Slices  
 Seasonal Fruit

Tangy-Glazed Meatloaf  
 & Breadstick  
 Fruit & Cheese Plate with Pretzels  
 Grilled Cheese Sandwich  
 Chicken Wrap  
 Peanut Butter & Jelly  
 French Fries  
 Fresh Tomato Wedges  
 Seasonal Fruit

Macaroni & Cheese  
 Croton & Parmesan Salad  
 with Chicken & Roll  
 Chicken Nuggets & Breadstick  
 Three-Cheese Wrap  
 Peanut Butter & Jelly  
 Green Beans - *Locally Grown!*  
 Fresh Broccoli  
 Seasonal Fruit

Popcorn Chicken Mashed  
 Potato Bowl & Breadstick  
 Tuna Salad Platter & Breadstick  
 Veggie Burger  
 Turkey Bologna & Swiss Sdw  
 Peanut Butter & Jelly  
 Baby Carrots  
 Cucumber & Tomato Salad  
 Seasonal Fruit

Cheese Pizza  
 Turkey-Sausage Pizza  
 Egg Chef Salad & Roll  
 Fish Sandwich  
 Chicken Ham & Cheese Sdw  
 Peanut Butter & Jelly  
 Fresh Broccoli  
 Garden Side Salad  
 Seasonal Fruit

Chicken Enchiladas  
 Chicken Chef Salad & Roll  
 Hot Dog  
 Egg Salad Sandwich  
 Peanut Butter & Jelly  
 Charro Beans  
 Fresh Cucumber Slices  
 Seasonal Fruit

**BREAKFAST 4 LUNCH!**  
 Chicken Sausage Patty &  
 French Toast Sticks with Syrup  
 Bean Nacho Salad  
 Chicken Nuggets & Breadstick  
 Santa Fe Chicken Wrap  
 Peanut Butter & Jelly  
 Tater Tots - Fresh Broccoli  
 Seasonal Fruit

Penné with Chicken  
 and Marinara Cream Sauce  
 Chicken Chef Salad & Roll  
 Hot Dog  
 Cheesy Wrap  
 Peanut Butter & Jelly  
 Marinated Chickpeas  
 Fresh Green Pepper Strips  
 Seasonal Fruit

Rotisserie Chicken (*Local!*)  
 Drumstick with Fiesta Rice  
 Romaine Salad with  
 Blended Cheeses & Roll  
 Hamburger/Cheeseburger  
 Chicken-Ham & Cheese Sdw  
 Peanut Butter & Jelly  
 Seasoned Corn - *Locally Grown!*  
 Fresh Cucumber Slices  
 Seasonal Fruit

Cheese Pizza  
 Turkey-Sausage Pizza  
 Egg Chef Salad & Roll  
 BBQ Chicken Cheddar Melt  
 Turkey Bologna & Cheese Wrap  
 Peanut Butter & Jelly  
 Garden Side Salad  
 Cherry Tomatoes & Broccoli Florets  
 Seasonal Fruit

Orange Popcorn Chicken  
 with Brown Rice  
 Chicken Ham Chef Salad & Roll  
 Sloppy Joe Melt  
**NEW!** Tuna Salad Bagel with  
 Lemon Carrot Slaw  
 Peanut Butter & Jelly  
 Steamed Broccoli - Baby Carrots  
 Seasonal Fruit

**SPECIAL PROMOTIONS THIS MONTH!**

October 6<sup>th</sup> - Go LOCAL on Midwest Menu Day! We're serving up local Miller Farms antibiotic-free chicken with local seasoned green beans and local apple slices from Michigan! October 10-14 is National School Lunch Week!



**NEW RECIPES! LOCALLY GROWN INGREDIENTS! ANTIBIOTIC-FREE CHICKEN!  
 MORE VEGETARIAN OPTIONS DAILY! NEW FRESH FRUIT & VEGGIE COMBOS!  
 FRESH, COLORFUL & GOOD FOR YOU!**

If it's red, it's **NEW** this year!  
 If it's green, it's **VEGETARIAN** or **LOCALLY GROWN!**  
**Special PROMOTIONS** are in yellow!  
 Find all of our menus at [www.cps.edu/menu](http://www.cps.edu/menu)  
 All meals are free, every day!

- > We offer a daily rotation of vitamin and mineral-rich seasonal fresh and cupped fruits including: apples, oranges, pears, bananas, cantaloupe & honeydew, grapes, kiwi, peaches & more!
- > We use only heart-healthy whole grain breads, pastas, and rice!
- > Our milk varieties include 1% low fat & fat-free choices!
- > Our menus are pork-free!
- > In buildings with peanut-free menus, SunButter™ will be substitute
- > All menus are subject to change. Not all offerings may be available in all buildings.