

K-12 GNG BREAKFAST

September 2021

Monday	Tuesday	Wednesday	Thursday	Friday
30	31	1	2	3
Veggie Sausage English Muffin	Triple Berry French Toast	Chicken-Ham & Cheese Biscuit	Maple Waffles	Cinnamon Oatmeal
Cinnamon Chex w/ String Cheese	Muffin w/ Hard-Boiled Egg	Orange Vanilla Breakfast Bar	Cheerios w/ String Cheese	French Toast Breakfast Bar
Plum	Blueberries	Blended Fruit Juice	Blueberries	Plum
Apple	Orange	Apple	Orange	Strawberries
6	7	8	9	10
HAPPY LABOR DAY ***	Chicken Sausage English Muffin	Cherry Frudel	Sunnyside Quesadilla w/ Salsa	Triple Berry French Toast
NO SCHOOL	Rice Krispies w/ String Cheese	Oatmeal Raisin Breakfast Bar	Corn Chex w/ String Cheese	Banana Bread w/ Hard-Boiled Egg
	Orange Juice	Blueberries	Plum	Apple
	Plum	Apple	Orange	Plum

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

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!

Thank you for
dining with us!



K-12 GNG BREAKFAST

September 2021

Monday	Tuesday	Wednesday	Thursday	Friday
13	14	15	16	17
Egg & Cheese English Muffin	Maple Waffles	Chicken-Ham & Cheese Biscuit	Grape Crescent	Cheesy Egg Bites w/ Toast
Honey Bunches of Oats w/ String Cheese	Apple Cinnamon Muffin w/ Hard-Boiled Egg	Orange Vanilla Breakfast Bar	Cinnamon Chex w/ String Cheese	French Toast Breakfast Bar
Banana	Orange	Blended Fruit Juice	Blueberries	Apple Slices
Apple	Plum	Apple	Orange	Banana

20	21	22	23	24
Cinnamon Raisin Bagel w/ Cream Cheese	Chicken Sausage English Muffin	Blueberry Muffin Top w/ String Cheese	Egg & Cheese Biscuit	Cherry Frudel
Rice Krispies w/ Hard-Boiled Egg	Maple Mini Brown Sugar Bar w/ String Cheese	Corn Chex w/ Hard-Boiled Egg	Banana Bread w/ String Cheese	Apple Cherry Breakfast Bar
Apple	Plum	Orange	Apple Slices	Orange
Banana	Orange Juice	Banana	Plum	Banana

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

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!

Thank you for
dining with us!



K-12 GNG BREAKFAST

September 2021

Monday	Tuesday	Wednesday	Thursday	Friday
27	28	29	30	1
Veggie Sausage English Muffin	Triple Berry French Toast	Chicken-Ham & Cheese Biscuit	Maple Waffles	Cinnamon Oatmeal
Honey Bunches of Oats w/ String Cheese	Muffin w/ Hard-Boiled Egg	Orange Vanilla Breakfast Bar	Cheerios w/ String Cheese	French Toast Breakfast Bar
Banana	Blueberries	Blended Fruit Juice	Orange	Apple Slices
Apple	Orange	Apple	Plum	Banana

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

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!

Thank you for
dining with us!



K-8 Lunch

September 2021




CPS Favorites Week

Monday	Tuesday	Wednesday	Thursday	Friday
30 Chicken Patty Sandwich Grilled Cheese Sandwich (V) Crinkle Cut Fries Baby Carrots Orange Plum	31 Chicken or Bean (V) Quesadilla w/ Salsa Turkey, Chicken-Ham & Cheese Sandwich Fresh Broccoli Celery Sticks Apple Strawberry Craisins	1 Jerk Chicken Drumstick w/ Breadstick Triple Cheese Sub (V) Green Beans Baby Carrots Plum Orange	2 Cheese Pizza (V) Protein Crunch Kit (V) w/ Hummus, Crackers, & Celery Sticks Celery Sticks Fresh Broccoli Blueberries Apples	3 Hot Dog Egg Salad Sandwich (V) Campfire Beans Baby Carrots Strawberry Craisins Orange

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 Egg, Cheese & Graham Cracker Kit (V) Chilled Sweet Corn Apple Orange	8 BBQ Beef or Bean Nachos (V) Chicken-Ham & Cheese Sandwich Bean Salad Fresh Broccoli Plum Strawberry Craisins	9 Egg Fried Rice (V) w/ Breadstick Triple Cheese Sub (V) Celery Sticks Baby Carrots Raisins Apple	10 Cheese Pizza (V) Chicken Salad Sandwich Fresh Broccoli Cucumber Slices Orange Strawberry Craisins
---	--	---	---	--

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?
 E-mail us at food@cps.edu!




K-8 Lunch


September 2021

Monday	Tuesday	Wednesday	Thursday	Friday
13	14	15	16	17
Grilled Cheese Sandwich (V)	Spaghetti w/ Beef or Chickpea Marinara Sauce	Rotisserie Chicken Drumstick or Fish Sticks  w/ Quinoa & Rice Blend	 Asian Noodle & Bean Salad	 Chipotle Chicken or Chipotle Lentil Tacos
Turkey & Cheese Sandwich	Chicken-Ham, Turkey-Pastrami, Turkey-Salami & Cheddar Cheese Sub	Seasoned Carrots	Cheese Quesadilla (V)	Chicken-Ham & Cheese Wrap
Cucumber Slices Baby Carrots	Side Salad Fresh Broccoli	Cucumber Slices	Garlic Green Beans Baby Carrots	<i>Student Inspired</i> Chili Corn Salad Bean Salsa
Plum Orange	Banana Apple	Orange Plum	Banana Strawberry Craisins	Apple Slices Plum

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

20	21	22	23	24
Chicken Tenders w/ Creamy Greek Dip	 Swiss Cheeseburger	Beef or Roasted Butternut Squash Burrito Bowl (V) w/ Chipotle Rice, Salsa & Breadstick	Lentil Sloppy Joe (V)	Cheese Pizza Crunchers (V) w/ Marinara Sauce
Veggie Baja Salad w/ Breadstick	Egg Salad Sandwich (V)	Turkey & Cheese Sub	Protein Crunch Kit w/ Chickpea Salad, Crackers, & Baby Carrots	Chicken Caesar Wrap
Cucumber Tomato Salad (L) Baby Carrots	Tater Tots Fresh Broccoli	Celery Sticks	Three Bean Salad	Side Salad Baby Carrots
Plum Orange	Apple Banana	Strawberry Craisins Plum	Orange Banana	Plum Apple Slices

Celebrate National Cheeseburger Month on 9/21.

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?
E-mail us at food@cps.edu!



K-8 Lunch

September 2021




Monday	Tuesday	Wednesday	Thursday	Friday
27	28	29	30	1
Hot Dog	Chicken or Bean (V) Quesadilla w/ Salsa	Jerk Chicken Drumstick w/ Breadstick	Vegetarian Shepherd's Pie w/ Breadstick	Fish Sticks  w/ Quinoa & Rice Blend
Egg Salad Sandwich (V)	Turkey, Chicken-Ham & Cheese Sandwich	Veggie Cheese Sub (V)	Grilled Cheese (V)	Cheese Pizza (V)
Campfire Beans Celery Sticks	Confetti Corn Salad Fresh Broccoli	Side Salad (L) Baby Carrots	Mashed Potatoes Fresh Broccoli	Baby Carrots Cucumber Slices
Plum Orange	Apple Banana	Strawberry Craisins Plum	Blueberries Apple Slices	Orange Strawberry Craisins

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

--	--	--	--	--

Thank you for dining with us!

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?
 E-mail us at food@cps.edu!

