






K-12 GNG BREAKFAST

March 2022

Monday	Tuesday	Wednesday	Thursday	Friday
28	1	2	3	4
Maple Mini Waffles	Chicken-Sausage & Cheese Breakfast Sandwich	Strawberry Belgian Liege Waffle	Egg & Cheese English Muffin	Cinnamon Toast Crunch Bar or Honey Oats Crunch Bar
Apple Cinnamon Bar	Assorted Cereals w/ Hard Boiled Egg	Creamy Yogurt Cup w/ Rockin'Ola Strawberry Granola	Assorted Cereals w/ Cheddar Cheese Stick	Apple Slices
Orange	Orange Juice	Blueberries	Dried Cranberries	
Dried Cranberries	Apple	Banana	Orange	Banana

National School Breakfast Week is March 7 – 11!

7	8	9	10	11
Turkey-Sausage Egg & Cheese Breakfast Pocket 	Blueberry Mini Waffles	Chicken-Ham & Cheese English Muffin 	Chilaquiles Rojo 	Egg & Cheese Breakfast Melt
Assorted Cereals w/ Hard Boiled Egg	SunButter Oat Bar 	Strawberry Smoothie w/ Rockin'Ola Strawberry Granola	Assorted Cereals w/ Cheddar Cheese Stick	Pineapple Overnight Oats 
Orange Juice	Orange	Apple Slices	Pear	Dried Cranberries
Apple	Pear	Banana	Orange	Apple Slices

Enjoy a week full of tasty items to brighten your mornings!

All grain/bread items served are **Whole Grain Rich**.
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!



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Monday	Tuesday	Wednesday	Thursday	Friday
14	15	16	17	18
Cinnamon Raisin Bagel w/ Cream Cheese	Chicken-Sausage & Cheese Breakfast Sandwich	Apple Frudel	Cheesy Egg Bake w/ Sliced Toast Grape Jelly	Mini Strawberry Bagel
Assorted Cereals w/ Cheddar Cheese Stick	Apple Cinnamon Bar	Assorted Cereals w/ Hard Boiled Egg	Date & Orange Bread w/ Cheddar Cheese Stick	Banana Muffin w/ Hard Boiled Egg
Apple	Orange Juice	Blueberries	Orange	Apple Slices
Dried Cranberries				Banana

Start your day with our Cheesy Egg Bake on 3/17!

21	22	23	24	25
Apple Cinnamon Oatmeal Round w/ Cheddar Cheese Stick	Chicken-Ham & Cheese on English Muffin	Mini Cinni Rolls	Veggie Sausage Biscuit	Strawberry Oatmeal
Assorted Cereals w/ Hard Boiled Egg	Blueberry Muffin w/ Cheddar Cheese Stick	Honey Oats Granola Bar	Assorted Cereals w/ Hard Boiled Egg	Raspberry Lemon Oat Bar
Blended Fruit Juice	Orange	Dried Cranberries	Strawberriess	Apple Slices
Apple	Pear	Banana	Orange	Banana

Fresh fruit offered daily!

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Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	31	1
Mini Cinni Rolls	Chicken-Sausage & Cheese Breakfast Sandwich	Cinnamon Toast Crunch Bar	Cheesy Egg Biscuit	Apple Cinnamon Oatmeal Round
Honey Oats Granola Bar	Assorted Cereals w/ String Cheese	Banana Bread w/ Hard Boiled Egg	Apple Cinnamon Bar	Assorted Cereals w/ String Cheese
Apple	Orange Juice	Strawberries	Dried Cranberries	Apple
Dried Cranberries	Pear	Orange	Pear	Orange

Cinnamon French Toast and Strawberries are served on 3/30.

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K-8 Lunch

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28	1	2	3	4
Chicken & Waffles w/ Syrup	Turkey Taco Seasoned or Pinto Charro Bean Nachos (V)	Asian Spiced Drumstick w/ Lo Mein Noodles	Curry Lentils (V) w/ Brown Rice	French Bread Cheese Pizza (V)
Triple Cheese Roll Up (V)	Turkey & Cheese Sandwich	Vegetarian Soba Noodle Bowl	Cheese Stick (V) w/ Marinara	Chicken-Ham & Cheese Sub
Tater Tots Baby Carrots	Roasted Onions & Peppers Black Bean Salad	Seasoned Mixed Vegetables Cucumber Slices	Yogurt w/ String Cheese & Crackers	Fresh Broccoli Baby Carrots
Apple Pear	Orange Banana	Orange Craisins Apple Slices	Strawberry Applesauce Banana	Orange Watermelon Craisins

March is Women's History Month!

7	8	9	10	11
Hamburger	Enchilada Seasoned Turkey Crumble or Pinto Beans (V) over Chipotle Rice w/ Salsa	 Robust Marinara Chicken Meatballs & Spaghetti	Black Bean Chili (V) w/ Breadstick	Cheese PizzaBoli (V)
Toasted Grilled Cheese (V)	Chicken-Ham, Turkey & Cheese Sub	Three Cheese Sub (V)	Toasted Cheese Quesadilla (V)	Chipotle Turkey & Cheese Wrap
Sweet Potato Fries Cucumber Slices	Black Bean Salsa Sweet Corn	Italian Blend Green Beans Baby Carrots	Bean Dip w/ Celery Sticks & Crackers	Tater Tots Baby Carrots
Orange Pear	Watermelon Craisins Apple	Orange Pear	Apple Slices Banana	Orange Craisins Strawberry Applesauce

Try the Robust Marinara Chicken Meatballs & Spaghetti on National Meatball Day - 3/9!

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.
 PBJ or SunButter & Jelly served daily.
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K-8 Lunch

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14 Baked Mac & Cheese (V) w/ Breadstick Turkey & Cheddar Sub w/ Chipotle Mayo Fresh Broccoli Celery Sticks Orange Pear	15 Beef & Cheese Taco or Lentil Taco (V) w/ Lime Crema Chicken-Ham & Cheese Sandwich Baby Carrots Black Bean Salad Watermelon Craisins Apple	16 BBQ Drumstick w/ Biscuit Egg Chef Salad (V) w/ Breadstick Seasoned Mixed Vegetables Fresh Broccoli Strawberry Applesauce Orange	17  Vegetarian Shepherd's Pie w/ Breadstick  Toasted Grilled Cheese (V) Chickpea Salad w/ Celery Sticks & Crackers Cheesy Mashed Potatoes Celery Sticks Apple Slices Banana	18 Chicken Marinara Meatball Sub Triple Cheese Roll Up (V) Kale Salad Baby Carrots Blueberries Orange

Try the Vegetarian Shepherd's Pie on 3/17 for our Shamrock Serve!

21 Chicken Patty Sandwich or Spicy Black Bean Burger (V) Turkey & Cheese Cracker Kit Sweet Potato Fries Cucumber Slices Orange Pear	22 Beef or Bean (V) Quesadilla w/ Salsa Chicken-Ham & Cheese Sandwich Black Bean Salsa Sweet Corn Watermelon Craisins Apple	23 Lemon-Pepper Drumstick w/ Herbed Quinoa Rice Three Cheese Sub (V) Fresh Broccoli Cucumber Slices Strawberry Applesauce Pear	24 Vegetarian Minestrone Soup w/ Half Grilled Cheese Women's History Month Recipe Chef Kathleen's Spring Veggie Pasta Salad Celery Sticks Baby Carrots Orange Craisins Banana	25  Crispy Fish Rice Bowl w/ Cilantro-Lime Slaw French Bread Cheese Pizza (V) Fresh Broccoli Citrus Slaw Apple Slices Orange
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Celebrating our very own Chef Kathleen with her Spring Veggie Pasta Salad, featured on 3/24!

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 GAME ON! 28 Popcorn Chicken w/ Spicy BBQ Mayo and Smoky Chipotle Ranch Dipping Sauces & Breadstick Triple Cheese Roll Up (V) Tater Tots Fresh Broccoli Orange Pear	Women's History Month Recipe 29 Chef Morgan's Southwest Taco Soup w/ Tortilla Chips Smashed Chickpea Salad Sub Black Bean Salad Baby Carrots Apple Blueberries	30 Asian Ground Turkey w/ Lo Mein Noodles Toasted Grilled Cheese (V) Garlic Green Beans Edamame Raspberry - Lemonade Craisins Pear	31 Black Bean Chili (V) w/ Breadstick Toasted Cheese Quesadilla (V) Bean Dip w/ Celery Sticks & Crackers Sweet Corn Celery Sticks Strawberry - Lemonade Sorbet Apple	1 French Bread Cheese Pizza (V) Chicken Salad Sandwich Seasoned Broccoli Baby Carrots Raspberry - Lemonade Craisins Pear

It's tournament time! Get your "Game On" with Buffalo Popcorn Chicken on 3/28!

Celebrating our very own Executive Chef Morgan with her Southwest Taco Soup on 3/29!

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