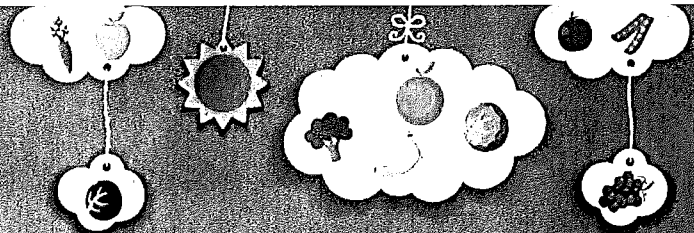













LUNCH K THROUGH 8

FEBRUARY 2018

www.cps.edu/food

with Fruit & Vegetable Station



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|---|---|
| <p>5</p>  <p>Deep Dish Cheese Pizza Turkey-Sausage Pizza</p> <p>Hot Dog</p> <p>Chef Salad with Dinner Roll</p> <p>Chicken Salad Sandwich with leaf lettuce & Tomato</p> <p>PB & Jelly Sandwich</p> <p>FRUIT & VEGGIE STATION Fresh Broccoli Celery Sticks Fresh Apple Slices (L) Orange & Grape Medley Raisins · Applesauce</p> | <p>6</p>  <p>Chicken Nuggets with Chili-lime BBQ Sauce</p> <p>Beef Quesadilla with Sour Cream, Jalapenos & Salsa</p> <p>Build Your Own Parmesan Cheese & Chicken Salad with Roll</p> <p>Tuna Salad Sandwich with leaf lettuce & tomato</p> <p>PB & Jelly Sandwich</p> <p>FRUIT & VEGGIE STATION Seasoned Potato Wedges (L) Baby Carrots · Cucumber Slices Chickpeas · Fresh Orange Apple Slices (L) · Diced Peaches Cinnamon Diced Pears</p> | <p>7</p>   <p>NEW! Rotisserie Chicken (L) with Baked Rotini & Cheese and Cajun Collard Greens</p> <p>Grilled Cheese Sandwich</p> <p>Chicken-Ham Chef Salad with Dinner Roll</p> <p>Yogurt & Cheese Fun Kit</p> <p>PB & Jelly Sandwich</p> <p>FRUIT & VEGGIE STATION Cajun Collard Greens Baby Carrots · Fresh Broccoli Zucchini Slices · Raisins Warm Cinnamon Apples Fresh Banana · Diced Pears</p> | <p>8</p>  <p>Beef Soft Tacos with Sour Cream, Jalapenos & Salsa</p> <p>Turkey & Cheese KaBoom Sub lettuce leaf & Tomato</p> <p>Vegetarian Baja Salad with Roll</p> <p>Breaded Fish Melt lettuce leaf & Tomato</p> <p>PB & Jelly Sandwich</p> <p>FRUIT & VEGGIE STATION Baby Carrots · Fresh Broccoli Zesty Black Beans Diced Peaches Fresh Orange · Cranberries Applesauce</p> | <p>9</p>  <p>Chicken Pasta Primavera with Vegetables</p> <p>Hamburger or Cheeseburger with lettuce leaf & Tomato</p> <p>Chicken-Ham & Cheese Sandwich with lettuce leaf & Tomato</p> <p>Fruit and Cheese Plate with Dinner Roll</p> <p>PB & Jelly Sandwich</p> <p>FRUIT & VEGGIE STATION Side Garden Salad Baby Carrots · Fresh Broccoli Celery Sticks Fresh Apple Slices (L) Diced Pears · Raisins</p> |
| <p>12</p>  <p>NEW! Personal Cheese Pizza or Personal Pepperoni* Pizza</p> <p>Grilled Chicken-Ham & Cheese Sandwich</p> <p>Egg Chef Salad with Roll with leaf lettuce & Tomato</p> <p>Turkey & Cheese KaBoom Sub with leaf lettuce & Tomato</p> <p>PB & Jelly Sandwich</p> <p>FRUIT & VEGGIE STATION Chopped Caesar Salad Fresh Broccoli · Celery Sticks Apple Slices (L) · Raisins Orange & Grape Medley Applesauce</p> | <p>13</p>  <p>BBQ Chicken leg (L) with Dinner Roll</p> <p>Cheese Quesadilla with Sour Cream, Jalapenos & Salsa</p> <p>Chef Salad with Dinner Roll</p> <p>Chicken, lettuce & Tomato Wrap</p> <p>PB & Jelly Sandwich</p> <p>FRUIT & VEGGIE STATION NEW! Herb-Roasted Potatoes (L) Zesty Black Beans · Baby Carrots Cucumber Slices · Fresh Orange Apple Slices (L) · Cinnamon Pears Diced Peaches</p> | <p>14</p>  <p>Baked Rotini & Cheese with Breadstick</p> <p>Tyson Chicken Nuggets with Breadstick</p> <p>Build Your Own Parmesan Cheese & Chicken Salad with Roll</p> <p>Three Cheese Wrap with leaf lettuce & Tomato</p> <p>PB & Jelly Sandwich</p> <p>FRUIT & VEGGIE STATION Side Garden Salad · Banana Baby Carrots · Fresh Broccoli Apple Slices (L) · Diced Pears Valentine's Day Cherry Heart Cup!</p>  | <p>15</p>  <p>NEW! Chicken & Biscuits with Southern Gravy</p> <p>Hot Dog</p> <p>English Muffin Pizza Kit</p> <p>Chicken Chef Salad with Dinner Roll</p> <p>PB & Jelly Sandwich</p> <p>FRUIT & VEGGIE STATION NEW! Harvest Veggie Blend (L) Green Peppers · Baby Carrots Marinated Chickpeas Diced Peaches · Fresh Orange Dried Cranberries · Applesauce</p> | <p>16</p>  <p>Amazing Chicken Lo Mein Or Veggie Lo Mein</p> <p>Fish Sticks with Breadstick</p> <p>Fruit & Cheese Plate with Pretzel Goldfish Crackers</p> <p>Chicken-Ham & Cheese Sandwich with lettuce leaf & Tomato</p> <p>PB & Jelly Sandwich</p> <p>FRUIT & VEGGIE STATION NEW! Sweet Potato Fries Baby Carrots · Fresh Broccoli Celery Sticks · Apple Slices (L) Raisins · Diced Pears Fresh Cantaloupe</p> |

OFFERED DAILY

- Vegetarian entrees are in green.
- *Made from turkey or chicken, not pork.
- We only use heart-healthy whole grain breads, pastas, and rice. Milk varieties include 1% lowfat and fat-free choices.
- We proudly serve "No Antibiotics Ever!" chicken
- Bringing lunch from home? Grab a fruit, veggies & milk for free to complete your meal!

- Enjoy the *Taste of the South* weekly specials on Feb. 7th & 15th!
- Now serving new *Tony's Personal Pizzas* starting Feb. 12th!
- Celebrate *Valentine's Day* with our *frozen 100% juice cherry heart cup!*
- Make sure to taste our new *Herb-Roasted Potatoes* and *Savory Sweet Potato Fries* this month!
- The local *Harvest Veggie Blend with Beets* will be served on Feb. 15th!
- For new recipes and special promotions, look for the orange fork!
- For locally-grown ingredients harvested within 350 miles of Chicago, look for the (L)
- All of this year's new items are CPS student-tested and approved!












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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|--|
| <p>19</p> <p>Presidents Day</p> | <p>20</p>  <p>NEW/ Beef or Vegetarian Chili with Cheese-Stuffed Pretzel Stick, Shredded Cheddar, Sour Cream & Jalapeños</p> <p>Hot Dog</p> <p>Chicken Chef Salad with Roll</p> <p>Cheesy Tortilla Wrap with lettuce leaf & Tomato</p> <p>PB & Jelly Sandwich</p> <p>FRUIT & VEGGIE STATION Fresh Broccoli · Chickpeas Cucumber Slices · Fresh Orange Apple Slices (L) · Diced Peaches Cinnamon Diced Pears</p> | <p>21</p>  <p>Chili-lime BBQ Chicken (L) with NEW Roasted Red Pepper Brown Rice Quinoa</p> <p>Hamburger, Cheeseburger or Spicy Black Bean Burger</p> <p>Chef Salad with Dinner Roll</p> <p>Santa Fe Chicken Wrap with lettuce leaf & Tomato</p> <p>PB & Jelly Sandwich</p> <p>FRUIT & VEGGIE STATION Italian Green Beans Zesty Black Beans Baby Carrots · Zucchini Slices Apple Slices (L) · Raisins Banana · Diced Pears</p> | <p>22</p>  <p>Breakfast for Lunch! Pancakes with Maple Syrup, Eggs, Chicken-Sausage Patty and NEW Potato Smiles!</p> <p>Vegetarian Baja Salad with Roll</p> <p>Tyson Chicken Nuggets with Breadstick</p> <p>Turkey & Cheese KaBoom Sub</p> <p>PB & Jelly Sandwich</p> <p>FRUIT & VEGGIE STATION NEW/ Potato Smiles Side Garden Salad Baby Carrots · Fresh Broccoli Diced Peaches · Orange Cranberries · Applesauce</p> | <p>23</p>  <p>NEW/ Red Beans & Rice with Chicken Tenders</p> <p>Chicken-Ham Chef Salad & Roll</p> <p>Cheese Pizza Sticks with Marinara Sauce</p> <p>Tuna Salad Bagel with lemon Carrot Slaw</p> <p>PB & Jelly Sandwich</p> <p>FRUIT & VEGGIE STATION NEW/ Broccoli w/ Cheese Sauce Baby Carrots · Cucumber Slices Celery Sticks · Apple Slices (L) Diced Pears · Raisins LUIGI'S Sour Watermelon Sorbet!</p> |
| <p>26</p>  <p>Teriyaki Beef with Vegetables & Brown Rice</p> <p>Turkey Chef Salad with Roll</p> <p>Chicken Quesadilla with Sour Cream, Jalapenos & Salsa</p> <p>Turkey & Cheese KaBoom Sub with lettuce leaf & Tomato</p> <p>PB & Jelly Sandwich</p> <p>FRUIT & VEGGIE STATION Side Garden Salad Baby Carrots · Celery Sticks Apple Slices (L) · Raisins Orange & Grape Medley Applesauce</p> | <p>27</p>  <p>Country Chicken Nugget Bowl with Breadstick</p> <p>Baja Chicken Salad with Dinner Roll</p> <p>Hamburger or Cheeseburger</p> <p>Egg Salad Sandwich with lettuce leaf & Tomato</p> <p>PB & Jelly Sandwich</p> <p>FRUIT & VEGGIE STATION NEW/ Creamy Mashed Potatoes Fresh Broccoli · Chickpeas Cucumber Slices · Orange Apple Slices (L) · Diced Peaches Cinnamon Diced Pears</p> | <p>28</p>  <p>NEW/ Chicken-Ham Jambalaya with Breadstick</p> <p>Popcorn Chicken Salad with Dinner Roll</p> <p>Cheese Pizza Sticks with Marinara Sauce</p> <p>Three Cheese Wrap with leaf lettuce & Tomato</p> <p>PB & Jelly Sandwich</p> <p>FRUIT & VEGGIE STATION Warm Cinnamon Apples Side Garden Salad Baby Carrots · Zucchini Slices Raisins · Banana Diced Pears</p> | <p>1</p>  <p>Beef or Vegetarian Nachos w/ NEW Queso Sauce</p> <p>Sour Cream, Jalapenos & Salsa</p> <p>Build Your Own Chicken & Cheese Salad with Dinner Roll</p> <p>Breaded Fish Melt Sandwich</p> <p>English Muffin Pizza Kit</p> <p>PB & Jelly Sandwich</p> <p>FRUIT & VEGGIE STATION Baby Carrots · Fresh Broccoli Zesty Black Beans Diced Peaches · Fresh Orange Dried Cranberries Applesauce</p> | <p>2</p>  <p>Grilled Cheese Sandwich & Tomato Soup</p> <p>Fruit & Cheese Plate with Dinner Roll</p> <p>Chicken Patty & Cheese Sandwich with lettuce & Tomato</p> <p>Chicken-Ham & Cheese Sandwich with lettuce & Tomato</p> <p>PB & Jelly Sandwich</p> <p>FRUIT & VEGGIE STATION Italian Green Beans Baby Carrots · Cucumber Slices Celery Sticks · Diced Pears Apple Slices (L) · Raisins Fresh Cantaloupe</p> |

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- Enjoy the *Taste of the South* weekly specials on Feb. 23rd & 28th!
- **Uncle Ben's Roasted Red Pepper Brown & Quinoa** on Feb. 21st with Chili-Lime BBQ Chicken is here!
- **Luigi's Sour Watermelon Sorbet** is back on Feb 23rd!
- Taste our new **Potato Smiles, Cheesy Broccoli & Creamy Mashed Potatoes** this month!
- Go crazy over **Queso Sauce** with your Nachos on March 1st!
- Warm up with a cup of **Campbell's Tomato Soup and Grilled Cheese** on March 2nd!
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