

September 2022

ELEMENTARY LUNCH



Chicago Public Schools

NUTRITION SUPPORT SERVICES

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			BBQ Chicken Sandwich 🌿 BBQ Tofu on Bun 🌿 Cheese Sandwich Turkey-Ham & Cheese Wrap Cherry Tomatoes Fresh Banana	<i>Lunch Brunch!</i> Maple Snack'n Waffles & Turkey Sausage 🌿 Maple Snack'n Waffles & Hard-Boiled Egg Chicken Chef Salad 🌿 Veggie Chef Salad 🌿 Wowbutter & Jelly Sandwich Corn Chickpeas Fresh Grapes
			8	9
Labor Day	Walking Taco (Beef) 🌿 Vegetarian Walking Taco Chicken Salad with Crackers Chicken Caesar Wrap Tuna Salad with Crackers Seasoned Black Beans Sour Cream, Taco Sauce Diced Pineapple	Buffalo Chicken Leg & Brown Rice 🌿 Grilled Cheese Sandwich 🌿 Cheese Pizza Dippers Turkey & Swiss Sandwich Seasoned Broccoli Applesauce Cup	🌿 Veggie Burger Turkey & Cheese Wrap 🌿 Wowbutter & Jelly Sandwich 🌿 Hummus Wrap Seasoned Green Beans Honeydew Melon	Turkey Hot Dog 🌿 Vegetarian Chili 🌿 Bagel & Cream Cheese Kit Chicken Chef Salad French Fries Fresh Plum
			15	16
🌿 Cheese Ravioli & Breadstick 🌿 Banana Muffin, Yogurt & Granola 🌿 Wowbutter & Jelly Sandwich ★ Baby Carrots Sun-Dried Raisins	Teriyaki Chicken & Rice 🌿 Teriyaki Chickpeas & Rice Ranch Chicken Wrap 🌿 Cheese Pizza Dippers ★ Seasoned Green Beans Fresh Plum	Turkey Sausage Pizza 🌿 Cheese Pizza Turkey-Ham & Cheddar Sandwich Buffalo Chicken Salad 🌿 Cheese & Veggie Crackers Kit Lemon Chickpea Salad Fresh Nectarine	★ 🌿 Bean & Cheese Tamale Southwest Chicken Wrap 🌿 Southwest Black Bean Wrap 🌿 Wowbutter & Jelly Sandwich Mixed Greens Honeydew Melon Red Salsa	Chicken & Waffles 🌿 Waffles & Veggie Sausage 🌿 Egg Chef Salad Turkey-Ham & Cheese Wrap Tater Tots Fresh Orange
			22	23
Italian Chicken Leg & Veggie Pasta 🌿 Cheesy Pasta with Veggies 🌿 Yogurt & Granola Kit 🌿 Wowbutter & Jelly Sandwich Fresh Cherry Tomatoes Applesauce Cup	Southwest Chicken Wrap 🌿 Southwest Bean Wrap Jerk Chicken Wrap 🌿 Egg Chef Salad Grilled Peppers & Onions Diced Pineapple Red Salsa	Swedish Beef Meatballs 🌿 Swedish Veggie "Meatballs" Buffalo Popcorn Chicken Turkey & Cheddar Sandwich 🌿 Black Bean & Cheese Bowl with Tortilla Chips Broccoli Fresh Melon	🌿 Grilled Cheese Turkey-Ham & Mozzarella Croissant 🌿 Wowbutter & Jelly Sandwich 🌿 Egg Salad Sandwich Lemon Chickpea Salad Fresh Pear	Professional Development Day
			29	30
<i>Lunch Brunch!</i> French Toast & Turkey Sausage 🌿 French Toast & Hard-Boiled Egg 🌿 Cheese & Veggie Cracker Kit 🌿 Wowbutter & Jelly Sandwich Sweet Potatoes Applesauce Cup	Chicken Totchos 🌿 Bean & Cheese Totchos 🌿 Blueberry Muffin & Yogurt Turkey & Swiss Sandwich Tater Tots Diced Pineapple Red Salsa	Orange Chicken & Brown Rice 🌿 Orange Chickpeas & Brown Rice Chicken Chef Salad Turkey & Cheddar Sandwich 🌿 Hummus & Pita Dippers Cucumber Slices Fresh Nectarine	BBQ Chicken Sandwich 🌿 BBQ Tofu with Brown Rice 🌿 Cheese Pizza Turkey-Ham & Cheese Wrap Garden Salad Fresh Banana	Chicken Nuggets 🌿 Veggie Chik'N Nuggets 🌿 Veggie Chef Salad 🌿 Wowbutter & Jelly Sandwich BBQ Bean Salad Fresh Grapes

All chicken served is raised with No Antibiotics Ever.
 All menus are pork-free.
 We serve Whole Grain Rich grain/bread items.
 Milk options include 1% and fat-free

- 🌿 Vegetarian / Contains Plant-Based Protein
- ★ Locally Grown, Raised, or Sourced
- Contains Fish
- Hot Entrees and Sides in Bold**



This institution is an equal opportunity provider.
 Offerings may vary by school.
 Menus are subject to change.
 Questions? E-mail us at food@cps.edu