



# January 2010



CHICAGO PUBLIC SCHOOLS



\*District Supplied Milk - \*Made From Turkey

LUNCH

\*Fresh Fruit Subject to Seasonal Availability

Monday	Tuesday	Wednesday	Thursday	Friday
PENNE PASTA WITH MEAT SAUCE (Whole Wheat) Soft Breadstick or BEAN & CHEESE BURRITO Green Beans Frozen Juice Bar	CHICKEN NUGGETS or VEGETARIAN CHILI Diced Carrots Diced Pears Corn Muffin	HOT DOG or CHEESE CROISSANT Baked Beans Fruited Gelatin	CHICKEN PARMESAN or MINI RAVIOLI W/SAUCE Garden Green Peas Mixed Fruit Cup Whole Grain White Bread	FRENCH BREAD PEPPERONI PIZZA or FRENCH BREAD CHEESE PIZZA Romaine Lettuce Fresh Orange^ Mini Pretzels
CHEESE CROISSANT or CHIPOTLE BEAN BOWL Tortilla Rounds (Whole Grain) Chopped Broccoli Fresh Pear^	HAMBURGER or PB & J CUT OUT Potato Rounds Fruited Gelatin	 TEX MEX RICE BOWL Tortilla Rounds (Whole Grain) or CHEESE QUESADILLA Refried Beans Fresh Banana^	FRENCH BREAD PEPPERONI PIZZA or FRENCH BREAD CHEESE PIZZA Fresh Baby Carrots Chilled Peaches Apple Cinnamon Multigrain Mini Crisp	SALISBURY STEAK WITH GRAVY or VEGGIE NUGGETS Whole Kernel Corn Pineapple Tidbits Whole Grain White Bread
 Martin Luther King Jr. Observed	ROTINI BAKE W/MEAT SAUCE Soft Breadstick or BEAN & CHEESE BURRITO Green Beans Frozen Juice Bar	TURKEY BAGEL DOG or TOASTED CHEESE SANDWICH Potato Rounds Mixed Fruit Cup Chocolate Chip Cookie	RIB-B-QUE or CHEESE LASAGNA Whole Grain White Bread Whole Kernel Corn Fresh Apple^	PEPPERONI PIZZA (Whole Wheat) or CHEESE PIZZA (Whole Wheat) Fresh Baby Carrots Diced Pears
TOASTED CHEESE SANDWICH or PB & J CUT OUT Potato Rounds Fresh Orange^ Honey Wheat Pretzels	BREADED CHICKEN FILLET or CHEESE QUESADILLA Baked Beans Chilled Peaches	PEPPERONI PIZZA (Whole Wheat) or CHEESE PIZZA (Whole Wheat) Romaine Lettuce Fresh Banana^	CHICKEN TENDERS or VEGETARIAN CHILI Diced Carrots Fruited Gelatin Corn Muffin	 No School Today

\*\*\*ALL MEALS SERVED WITH APPROPRIATE BUNS, CONDIMENTS AND A CHOICE OF MILK. \*MENU SUBJECT TO CHANGE.



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BREAKFAST

\*Fresh Fruit Subject to Seasonal Availability

Monday	Tuesday	Wednesday	Thursday	Friday
FRENCH TOAST STICKS or ASSORTED KELLOGG'S CEREAL Apple Granola Square  Blended Fruit Juice	HAM* & CHEESE ON ENGLISH MUFFIN or ASSORTED KELLOGG'S CEREAL Strawberry Pop Tart  Mixed Fruit Cup	PANCAKE & TURKEY SAUSAGE ON A STICK or BLUEBERRY MUFFIN  Applesauce	APPLE CINNAMON OATMEAL or ASSORTED KELLOGG'S CEREAL Yogurt  Fresh Banana <sup>^</sup>	CHICKEN BISCUIT or ASSORTED KELLOGG'S CEREAL Graham Crackers  Pineapple Juice
CHEDDAR CHEESE OMELET Graham Crackers or ASSORTED KELLOGG'S CEREAL Strawberry Waffle Cracker  Orange Juice	MINI PANCAKES or BAGEL W/CREAM CHEESE  Fresh Apple <sup>^</sup>	BREAKFAST BURRITO or ASSORTED KELLOGG'S CEREAL Cinnamon Breakfast Square  Pineapple Tidbits	BEEF SAUSAGE PATTY ON A BISCUIT or ASSORTED KELLOGG'S CEREAL Graham Crackers  Grape Juice	BUTTERMILK WAFFLES or ASSORTED KELLOGG'S CEREAL Apple Muffin  Chilled Peaches
<b>Martin Luther King Jr. Observed</b> 	CINNAMON SWIRL FRENCH TOAST or ASSORTED KELLOGG'S CEREAL Graham Crackers  Orange Pineapple Juice	PIZZA BAGEL or ASSORTED KELLOGG'S CEREAL Raisin Bran Muffin  Grape Juice	BREAKFAST TOASTED CHEESE SANDWICH or ASSORTED KELLOGG'S CEREAL Apple Granola Square  Fresh Orange <sup>^</sup>	BREAKFAST QUESADILLA or ASSORTED KELLOGG'S CEREAL Yogurt  Mixed Fruit Cup
CHICKEN BISCUIT or ASSORTED KELLOGG'S CEREAL Cinnamon Breakfast Square  Blended Fruit Juice	CHEESY GRITS Turkey Sausage Link or ASSORTED KELLOGG'S CEREAL Apple Waffle Snap Crackers  Fresh Pear <sup>^</sup>	MINI PANCAKES or BAGEL W/CREAM CHEESE  Orange Juice	EGG & CHEESE ON AN ENGLISH MUFFIN or ASSORTED KELLOGG'S CEREAL Strawberry Pop Tart  Pineapple Tidbits	

\*\*\*ALL MEALS SERVED WITH APPROPRIATE BUNS, CONDIMENTS AND A CHOICE OF MILK.\*MENU SUBJECT TO CHANGE.



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