



# November 2009

CHICAGO PUBLIC SCHOOLS










\*District Supplied Milk - \*Made From Turkey

BREAKFAST

\*Fresh Fruit Subject to Seasonal Availability

Preferred

Monday	Tuesday	Wednesday	Thursday	Friday
2 CHICKEN BISCUIT or ASSORTED KELLOGG'S CEREAL Cinnamon Breakfast Square Blended Fruit Juice	3 CHEESY GRITS Turkey Sausage Link or ASSORTED KELLOGG'S CEREAL Apple Waffle Snap Cracker Fresh Pear^	4 MINI PANCAKES or ASSORTED KELLOGG'S CEREAL Graham Crackers Cinnamon Applesauce	5 EGG AND CHEESE ON AN ENGLISH MUFFIN or ASSORTED KELLOGG'S CEREAL Strawberry Pop Tart Pineapple Tidbits	6 
9 CINNAMON TOAST WAFFLES or ASSORTED KELLOGG'S CEREAL Graham Crackers Grape Juice	10 PIZZA BAGEL or ASSORTED KELLOGG'S CEREAL Superstix w/ Strawberry Cream Cheese Chilled Peaches	11 	12 GOLDEN PANCAKE W/TURKEY SAUSAGE PATTY or BANANA MUFFIN Fresh Orange^	13 BREAKFAST TOASTED CHEESE SANDWICH or ASSORTED KELLOGG'S CEREAL Cinnamon Breakfast Square Diced Pears
16 FRENCH TOAST STICKS or ASSORTED KELLOGG'S CEREAL Apple Granola Square Mixed Fruit Cup	17 CHICKEN BISCUIT or ASSORTED KELLOGG'S CEREAL  Raisin Bran Muffin Orange Pineapple Juice	18 	19 APPLE CINNAMON OATMEAL or ASSORTED KELLOGG'S CEREAL Yogurt Fresh Banana^	20 HAM* & CHEESE ON A ENGLISH MUFFIN or ASSORTED KELLOGG'S CEREAL Graham Crackers Blended Fruit Juice
23 CHEDDAR CHEESE OMELET Graham Crackers or ASSORTED KELLOGG'S CEREAL Strawberry Waffle Cracker Orange Juice	24 BUTTERMILK WAFFLES or BAGEL W/CREAM CHEESE Fresh Apple^	25 BREAKFAST BURRITO or ASSORTED KELLOGG'S CEREAL Cinnamon Breakfast Square Pineapple Tidbits	26 	27 
30 PANCAKE & TURKEY SAUSAGE ON A STICK or ASSORTED KELLOGG'S CEREAL Graham Crackers Grape Juice				

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



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# November 2009

CHICAGO PUBLIC SCHOOLS






\*District Supplied Milk - \*Made From Turkey

LUNCH 4-12 TRADITIONAL

\*Fresh Fruit Subject to Seasonal Availability

Preferred

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>TOASTED CHEESE SANDWICH or PB &amp; J CUT OUT</p> <p>Potato Rounds Fresh Apple<sup>^</sup> Honey Wheat Pretzels</p>	<p>3</p> <p>CHICKEN TENDERS or MINI RAVIOLI W/SAUCE</p> <p>Diced Carrots Fruited Gelatin Corn Muffin</p>	<p>4</p> <p>PEPPERONI PIZZA (WHOLE WHEAT) or CHEESE PIZZA (WHOLE WHEAT)</p> <p>Romaine Lettuce Fresh Banana<sup>^</sup></p>	<p>5</p> <p>MEATLOAF W/GRAVY or VEGETARIAN CHILI</p> <p>Collard Greens Diced Pears Whole Grain White Bread</p>	<p>6</p> <p>No School Today</p>
<p>9</p> <p>HOMESTYLE CHILI or CHIPOTLE BEAN BOWL</p> <p>Green Beans Fresh Orange<sup>^</sup> Whole Grain Tortilla Rounds</p>	<p>10</p> <p>POPCORN CHICKEN Garden Green Peas or MACARONI &amp; CHEESE W/MIXED VEGETABLES</p> <p>Mixed Fruit Cup Whole Grain White Bread</p>	<p>11</p> <p> <b>Veterans Day</b></p>	<p>12</p> <p>FRENCH BREAD PEPPERONI PIZZA or FRENCH BREAD CHEESE PIZZA</p> <p>Fresh Baby Carrots Chilled Peaches</p>	<p>13</p> <p>CHEESEBURGER or BEAN &amp; CHEESE BURRITO</p> <p>Whole Kernel Corn Applesauce Multi Grain Sun Chips</p>
<p>16</p> <p>CHICKEN PARMESAN or MINI RAVIOLI W/SAUCE</p> <p>Garden Green Peas Fresh Apple<sup>^</sup> Garlic Bread</p>	<p>17</p> <p>HOT DOG or CHEESE QUESADILLA</p> <p>Baked Beans Diced Pears</p>	<p>18</p> <p>No School Today</p>	<p>19</p> <p>CHICKEN NUGGETS or VEGETARIAN CHILI</p> <p>Liced Carrots Mixed Fruit Cup Whole Grain White Bread</p>	<p>20</p> <p>PENNE PASTA W/MEAT SAUCE (WHOLE WHEAT) Soft Breadstick or BEAN &amp; CHEESE BURRITO</p> <p>Green Beans Fresh Orange<sup>^</sup></p>
<p>23</p> <p>TURKEY TACO MEAT Refried Beans or CHIPOTLE BEAN BOWL</p> <p>Fiesta Corn Fresh Pear<sup>^</sup> Tortilla Rounds (Whole Grain)</p>	<p>24</p> <p>HAMBURGER or PB &amp; J CUT OUT</p> <p>Potato Rounds Fresh Baby Carrots</p>	<p>25</p> <p>TURKEY W/STUFFING &amp; GRAVY or VEGGIE NUGGETS</p> <p>Mashed Potatoes Chilled Peaches Whole Grain White Bread Thanksgiving Cookie</p>	<p>26</p> <p>Thanksgiving </p>	<p>27</p> <p>No School Today</p>
<p>30</p> <p>ROTINI BAKE W/MEAT SAUCE Soft Breadstick or BEAN &amp; CHEESE BURRITO</p> <p>Green Beans Frozen Juice Bar</p>				<p></p>

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