



September 2009

CHICAGO PUBLIC SCHOOLS



*District Supplied Milk - *Made From Turkey

BREAKFAST

^Fresh Fruit Subject to Seasonal Availability

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
7	8	9	10	11
 Labor Day	CHICKEN BISCUIT or ASSORTED KELLOGG'S CEREAL Strawberry Pop Tart Blended Fruit Juice	PANCAKE & TURKEY SAUSAGE ON A STICK or BLUEBERRY MUFFIN Applesauce	APPLE CINNAMON OATMEAL or ASSORTED KELLOGG'S CEREAL Yogurt Fresh Banana^	HAM* & CHEESE ON ENGLISH MUFFIN or ASSORTED KELLOGG'S CEREAL Graham Crackers Orange Pineapple Juice
14	15	16	17	18
CHEDDAR CHEESE OMELET Graham Crackers or ASSORTED KELLOGG'S CEREAL Strawberry Waffle Cracker Orange Juice	MINI PANCAKES or BAGEL W/ CREAM CHEESE Fresh Apple^	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
21	22	23	24	25
PANCAKE & TURKEY SAUSAGE ON A STICK or ASSORTED KELLOGG'S CEREAL Graham Crackers Diced Pears	CINNAMON SWIRL FRENCH TOAST or BANANA MUFFIN Orange Pineapple Juice	PIZZA BAGEL or ASSORTED KELLOGG'S CEREAL Superfrix w/Strawberry Cream Cheese Grape Juice	BREAKFAST TOASTED CHEESE SANDWICH or ASSORTED KELLOGG'S CEREAL Apple Granola Square Fresh Orange^	
28	29	30		
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 Cracker Fresh Pear^	FRENCH TOAST STICKS or ASSORTED KELLOGG'S CEREAL Graham Crackers Cinnamon Applesauce		

***ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF MILK.



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September 2009

CHICAGO PUBLIC SCHOOLS



*District Supplied Milk - *Made From Turkey

LUNCH 4-12 TRADITIONAL

*Fresh Fruit Subject to Seasonal Availability

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
7	8	9	10	11
 Labor Day	BEEF SOFT TACO or MINI RAVIOLI W/SAUCE Soft Breadstick Cherry Juice Bar Fiesta Corn	 FRENCH BREAD PEPPERONI PIZZA or FRENCH BREAD CHEESE PIZZA Fresh Baby Carrots Diced Pears Mini Pretzels	CHICKEN NUGGETS W/POTATO ROUNDS or VEGETARIAN CHILI Potato Rounds Whole Wheat Bread Fresh Orange [^]	 PENNE PASTA W/MEAT SAUCE (Whole Wheat) Soft Breadstick or BEAN & CHEESE BURRITO Chilled Peaches Green Beans
14	15	16	17	18
CHICKEN TENDERS or MACARONI & CHEESE Fresh Pear [^] Garden Green Peas Corn Muffin	SALISBURY STEAK W/GRAVY or VEGGIE NUGGETS Mashed Potatoes Mixed Fruit Cup Whole Wheat Bread	CHEESE CROISSANT or CHIPOTLE BEAN BOWL Tortilla Rounds Fresh Banana [^] Garden Vegetables	PEPPERONI PIZZA or CHEESE PIZZA Fresh Baby Carrots Fruited Gelatin Jungle Crackers	HAMBURGER or PB & JELLY CUT OUT Potato Rounds Strawberry Applesauce
21	22	23	24	25
ROTINI BAKE MEAT SAUCE Soft Breadstick or BEAN & CHEESE BURRITO Green Beans Fresh Orange [^]	RIB-B-QUE or TOASTED CHEESE SANDWICH Potato Rounds Chilled Peaches	MINI CORN DOGS W/HASH BROWNS or CHEESY CHILI NACHOS Tortilla Rounds Fresh Apple [^] Chocolate Chip Cookie	TERIYAKI GLAZED CHICKEN W/FRIED RICE or CHEESY LASAGNA Garden Vegetables Pineapple Tidbits Whole Wheat Bread	
28	29	30		
TOASTED CHEESE SANDWICH or PB & JELLY CUT OUT Fresh Apple [^] Potato Rounds Honey Wheat Pretzels	POPCORN CHICKEN W/POTATO SMILES or MINI RAVIOLI W/SAUCE Garden Green Peas Fruited Gelatin Corn Muffin	PEPPERONI PIZZA or CHEESE PIZZA Fresh Banana [^] Tossed Salad		

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