






















NOVEMBER K-8 LUNCH

ALL STUDENTS EAT FREE! • WWW.CPS.EDU/FOOD

MONDAY 	TUESDAY 	WEDNESDAY 	THURSDAY 	FRIDAY 
<p>5</p>  <p>CHEESE PIZZA (V)</p>  <p>CHICKEN TENDERS WITH BREADSTICK</p> <p>PB & JELLY SANDWICH (V)</p>	<p>6</p>  <p>CHEESY CHICKEN NACHO BAKE OR BLACK BEAN NACHO BAKE (V) SOUR CREAM · JALAPEÑOS · SALSA</p>  <p>GRILLED CHEESE SANDWICH</p> <p>PB & JELLY SANDWICH (V)</p> <p>SWEET CORN (L)</p>	<p>7</p>  <p>BAKED MAC & CHEESE</p>  <p>CHICKEN PATTY SANDWICH LETTUCE & TOMATO</p> <p>PB & JELLY SANDWICH (V)</p>	<p>8</p>   <p>CHEF'S SPECIAL BAKED CHICKEN LEG (L) & BREADSTICK</p> <p>CHEESE QUESADILLA SOUR CREAM · JALAPEÑOS · SALSA</p> <p>GRAPE CHICKEN SALAD SUB</p> <p>PB & JELLY SANDWICH (V)</p> <p>LOCAL ROASTED HARVEST VEGGIES (BEETS, TURNIPS, & SWEET POTATOES)</p>	<p>9</p>  <p>CHEESEBURGER OR HAMBURGER LETTUCE & TOMATO</p> <p>CHICKEN & CHEESE BISCUIT</p> <p>PB & JELLY SANDWICH (V)</p>

FRESH AND CUPPED FRUITS & VEGETABLES OFFERED DAILY! JOIN US ON NOV. 16 FOR A THANKSGIVING CELEBRATION!

<p>12</p> <p>VETERANS DAY</p>	<p>13</p>  <p>CHEESE PIZZA (V)</p>  <p>HOT DOG</p> <p>PB & JELLY SANDWICH (V)</p>	<p>14</p> <p>PARENT-TEACHER CONFERENCES (REPORT CARD PICKUP DAY)</p>	<p>15</p>  <p>CHICKEN NUGGETS WITH BREADSTICK</p> <p>CHEESE PIZZA STICKS (V) WITH MARINARA SAUCE</p> <p>TURKEY & CHEESE KABOOM! SUB</p> <p>PB & JELLY SANDWICH (V)</p>  <p>ROASTED RED POTATOES (L)</p>	<p>16</p>  <p>THANKSGIVING CELEBRATION! ROAST TURKEY BREAST & MASHED POTATOES WITH GRAVY & BREADSTICK</p> <p>FISH SANDWICH LETTUCE & TOMATO</p> <p>PB & JELLY SANDWICH (V)</p>
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FRESH AND CUPPED FRUITS & VEGETABLES OFFERED DAILY!

COLD DELI OPTIONS OFFERED DAILY

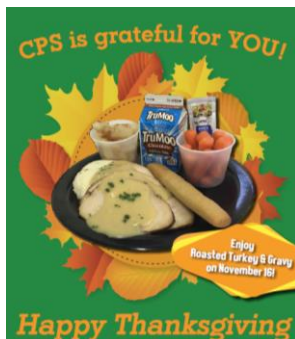
Peanut Butter & Jelly Sandwich* Daily

*SunButter is substituted in buildings with peanut-free menus.

TOPPINGS OFFERED

Dressings: Ranch, Italian & French

Sauces: Ketchup, Mustard, Mayo, Hot Sauce



All of our chicken is raised with **No Antibiotics EVER!**

Fruits and veggies rotate daily and may include: cucumber, celery, broccoli, garden salads, tomato, carrots, apples, oranges, bananas, grapes, melon, cranberries, and other cupped fruits.

*SunButter is substituted in buildings with peanut-free menus.

Vegetarian entrees are identified with (V)

Local products grown within 350 miles are identified with (L)

We only use heart-healthy **whole grains**.

Our **milk** options include 1% lowfat and fat-free milk.



This institution is an equal opportunity provider.

Our menus are pork-free!
All menus are subject to change.
Not all offerings may be available in all buildings.

Questions? Contact us at food@cps.edu










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MONDAY 	TUESDAY 	WEDNESDAY 	THURSDAY 	FRIDAY 
<p>19</p>  <p>CHEESE PIZZA (V)</p>  <p>CHICKEN TENDERS WITH BREADSTICK</p> <p>PB & JELLY SANDWICH (V)</p>	<p>20</p>  <p>SHREDDED TURKEY TACOS OR BEAN TACOS (V) SOUR CREAM · JALAPEÑOS · SALSA</p>  <p>GRILLED CHEESE SANDWICH (V)</p> <p>PB & JELLY SANDWICH (V)</p> <p>TUXEDO BEANS</p>	<p>21</p> <p>NO SCHOOL</p>	<p>22</p> <p>THANKSGIVING DAY</p>	<p>23</p> <p>NO SCHOOL</p>

FRESH AND CUPPED FRUITS & VEGETABLES OFFERED DAILY!

<p>26</p>  <p>CHEESE PIZZA (V)</p>  <p>HOT DOG</p> <p>PB & JELLY SANDWICH (V)</p>	<p>27</p> <p>Cooking up Change</p> <p>FIERY POLLO NACHOS OR VEGETARIAN NACHOS! (V), A COOKING UP CHANGE RECIPE CREATED BY CULINARY STUDENTS AT SIMEON HIGH SCHOOL</p> <p>SOUR CREAM · JALAPEÑOS · SALSA</p> <p>CHEESE PIZZA STICKS (V) WITH MARINARA SAUCE</p> <p>PB & JELLY SANDWICH (V)</p> <p>TUXEDO BEANS</p>	<p>28</p>  <p>CHEESE RAVIOLI WITH BREADSTICK</p>  <p>CHEESEBURGER OR HAMBURGER LETTUCE & TOMATO</p> <p>PB & JELLY SANDWICH (V)</p>	<p>29</p>  <p>CHICKEN NUGGETS WITH BREADSTICK</p>  <p>BEAN QUESADILLA (V) SOUR CREAM · JALAPEÑOS · SALSA</p> <p>VEGGIE SUB SANDWICH (V)</p> <p>PB & JELLY SANDWICH (V)</p>	<p>30</p>  <p>FISH SANDWICH LETTUCE & TOMATO</p> <p>SWEET THAI CHILI BEEF WITH BROWN RICE</p> <p>PB & JELLY SANDWICH (V)</p>
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FRESH AND CUPPED FRUITS & VEGETABLES OFFERED DAILY!

COLD DELI OPTIONS OFFERED DAILY

Peanut Butter & Jelly Sandwich* offered daily Monday through Friday

*SunButter is substituted in buildings with peanut-free menus.

TOPPINGS OFFERED

Dressings: Ranch, Italian & French

Sauces: Ketchup, Mustard, Mayo, Hot Sauce

All of our chicken is raised with **No Antibiotics EVER!**

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