

All items are made with hearty-healthy whole grains
 Not all offerings may be available in all buildings

<p>Feb. 2</p> <p>Blueberry Bash Mini Waffles Assorted Cereals w/ String Cheese Peach Cup Milk Variety</p> <p><i>side items</i></p>	<p>3</p> <p>Sausage* & Egg English Muffin Apple Cinnamon Bread w/ Hard Boiled Egg Mixed Fruit Cup Peach Cup Milk Variety</p> <p><i>side items</i></p>	<p>4</p> <p>Maple Pancakes PB & J Graham Cracker Bar Fresh Banana Applesauce Milk Variety</p> <p><i>side items</i></p>	<p>5</p> <p>Egg & Cheese Bagel Blueberry Muffin w/ String Cheese Fresh Orange Pear Cup Milk Variety</p> <p><i>side items</i></p>	<p>6</p> <p>Cinnamon French Toast Assorted Cereals w/ Strawberry Yogurt 100% Fruit Juice Pineapple Chunks Milk Variety</p> <p><i>side items</i></p>	<p>9</p> <p>Cheddar Cheese Omelet w/ Sliced Toast Banana Bread w/ Hard Boiled Egg Fresh Pear Peach Cup Milk Variety</p> <p><i>side items</i></p>	<p>10</p> <p>Pancake on a Stick Oatmeal Raisin Benefit Bar Fresh Banana Mixed Fruit Cup Milk Variety</p> <p><i>side items</i></p>	<p>11</p> <p>Egg & Sausage Breakfast Burrito Apple Cinnamon Muffin w/ Strawberry Yogurt Fresh Orange Pear Cup Milk Variety</p> <p><i>side items</i></p>	<p>12</p> <p>Blueberry Bash Mini Waffles Assorted Cereals w/ Graham Crackers Fresh Apple Slices Pineapple Chunks Milk Variety</p> <p><i>side items</i></p>	<p>13</p> <p>Egg & Cheese English Muffin Blueberry Muffin w/ String Cheese 100% Fruit Juice Applesauce Milk Variety</p> <p><i>side items</i></p>	<p>16</p> <p>Maple Pancakes Assorted Cereals w/ String Cheese Fresh Apple Slices Peach Cup Milk Variety</p> <p><i>side items</i></p>	<p>17</p> <p>Sausage* & Cheese Bagel Apple Cinnamon Bread w/ Hard Boiled Egg Mixed Fruit Cup Fresh Pear Milk Variety</p> <p><i>side items</i></p>	<p>18</p> <p>Cinnamon French Toast Assorted Cereals w/ Strawberry Yogurt Fresh Banana Applesauce Milk Variety</p> <p><i>side items</i></p>	<p>19</p> <p>Cheddar Cheese Omelet w/ Sliced Toast Blueberry Muffin w/ String Cheese Fresh Orange Pear Cup Milk Variety</p> <p><i>side items</i></p>	<p>20</p> <p>Sausage* & Egg English Muffin PBJ Graham Cracker Bar Fresh Apple Slices Pineapple Chunks Milk Variety</p> <p><i>side items</i></p>	<p>23</p> <p>Egg & Cheese Breakfast Burrito Apple Cinnamon Muffin w/ String Cheese Peach Cup Milk Variety</p> <p><i>side items</i></p>	<p>24</p> <p>Blueberry Bash Mini Waffles Assorted Cereals w/ Strawberry Yogurt Fresh Banana Mixed Fruit Cup Milk Variety</p> <p><i>side items</i></p>	<p>25</p> <p>Sausage* & Egg English Muffin Banana Bread w/ String Cheese Fresh Orange Pear Cup Milk Variety</p> <p><i>side items</i></p>	<p>26</p> <p>Pancake on a Stick French Toast Benefit Bar Fresh Apple Slices Pineapple Chunks Milk Variety</p> <p><i>side items</i></p>	<p>27</p> <p>Egg & Cheese Bagel Blueberry Muffin w/ Hard Boiled Egg 100% Fruit Juice Applesauce Milk Variety</p> <p><i>side items</i></p>
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Did you know that breakfast and lunch at all Chicago Public Schools are free of charge to all students? That's right — all students now eat free! Join us every day for tasty, nutritious meals!

Bring your cold lunch from home? Your student can still take a Fresh Vegetable, Fruit and a Milk everyday to go along with his or her own cold lunch! Let us provide the nutritious side items to go with your student's cold lunch at no cost to you! Milk sold separately on its own must be purchased for 35 cents.

Where possible, we offer two breakfast entrée choices everyday:
 one hot entrée and one cold entrée.
 Please also join us every day for lunch!

- Menu subject to change
- (*) ALL products are pork-free
- In Peanut-Free Buildings, SunButter™ will be substituted
- Email us at food@cps.edu

All students eat free of charge!

Over-Lacto Vegetarian, may contain Egg & Dairy used

Local ingredients are used

Flavors Born in Chicago

Features Ingredients & Flavors Born in Chicago

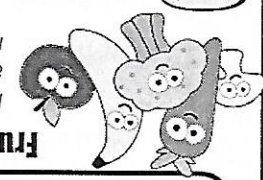


GREAT TASTING, HEALTHY OPTIONS AVAILABLE DAILY!

Fruit and Vegetable
 In addition to the featured side items listed above, we offer a daily rotation of vitamin and mineral rich fruits and vegetables

Milk choice
 Varieties include 1% low fat & fat-free choices

Grain choice
 We use only heart-healthy whole grain breads and rolls



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<p>6 Miller Farms BBQ Chicken w/ Baked Breadstick Grilled Cheese Sandwich Deli Chicken & Cheese Wrap Vegetarian Baja Salad Vegetarian Baked Beans side items Baby Carrots Fresh Apple Slices Mixed Fruit Cup</p>	<p>5 Cheese Pizza Sausage Pizza Fun Lunch "PB" Dippers Buffalo Ranch Chicken Pasta Salad Fresh Broccoli Fresh Cucumber Slices Fresh Banana Applesauce</p>	<p>4 Vegetarian Nachos w/ Rice Chicken Patty Sandwich Deli Chicken-Ham Sandwich Popcorn Chicken Salad Seasoned Corn Celery Sticks Fresh Pear Peach Cup</p>	<p>3 Penne w/ Marinara Meatballs BBQ Chicken Max Snax Fun Lunch "PB" Dippers Tex Mex Pasta Salad w/ Chicken side items Baby Carrots Garden Salad Fresh Banana Fresh Apple Slices</p>	<p>9 Chicken Nuggets w/ Baked Breadstick Cheeseburger Deli Chicken-Ham Sandwich Chef Salad with Egg side items Sweet Potato Fries Fresh Orange Pineapple Chunks</p>
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<p>13 Chicago Style Hot Dog Grilled Cheese Sandwich Deli Chicken & Cheese Wrap Vegetarian Baja Salad BBQ Black Beans side items Fresh Cucumber Slices Fresh Banana Pear Cup</p>	<p>12 Cheese Pizza Sausage Pizza Fun Lunch "PB" Dippers Buffalo Ranch Chicken Pasta Salad Garden Salad Sweet Potato Fries Fresh Orange Peach Cup</p>	<p>11 Vegetarian Fried Rice Totally Max Snax Taco Wedges Deli Chicken-Ham Sandwich Popcorn Chicken Salad Green Beans Baby Carrots Fresh Apple Slices Mixed Fruit Cup</p>	<p>10 Beef & Bean Burrito Chicken Patty Sandwich Fun "PB" Dippers Tex Mex Pasta Salad w/ Chicken side items Mexican Corn Garden Salad Fresh Orange Applesauce</p>	<p>16 Rotini Pasta w/ Marinara Meatballs Chicken Patty Sandwich Deli Chicken-Ham Sandwich Chef Salad w/ Egg side items Baby Carrots Fresh Pear Pineapple Chunks</p>
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<p>20 Cheese Pizza Sausage Pizza Chicken BBQ Chicken Max Snax Buffalo Ranch Pasta Salad w/ Chicken side items Marshall's Slamm'n' Collards Baby Carrots Fresh Apple Slices Marshall's Pineapple Surprise</p>	<p>19 Marshall's Haitian Spiced Chicken BBQ Chicken Max Snax Buffalo Ranch Pasta Salad w/ Chicken side items Marshall's Slamm'n' Collards Baby Carrots Fresh Apple Slices Marshall's Pineapple Surprise</p>	<p>18 Macaroni & Cheese Cheeseburger Deli Chicken-Ham Sandwich Popcorn Chicken Salad side items Fresh Broccoli Celery Sticks Fresh Orange Pear Cup</p>	<p>17 Chicken Soft Tacos Grilled Cheese Sandwich Fun Lunch "PB" Dippers Tex Mex Pasta Salad w/ Chicken side items Tater Tots Garden Salad Fresh Banana Applesauce</p>	<p>23 Fish Sticks Cheeseburger Deli Chicken-Ham Sandwich Chef Salad with Egg side items Fresh Broccoli Fresh Pear Applesauce</p>
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<p>27 Cheesy Baked Penne Chicken Patty Sandwich Deli Chicken-Ham Sandwich Vegetarian Baja Salad side items Garden Salad Baby Carrots Fresh Banana Mixed Fruit Cup</p>	<p>26 Cheese Pizza Sausage Pizza Fun "PB" Dippers Buffalo Ranch Pasta Salad w/ Chicken side items Fresh Broccoli Celery Sticks Fresh Orange Pear Cup</p>	<p>25 Popcorn Chicken Mashed Potato Bowl Totally Taco Max Snax Deli Chicken-Ham Sandwich Popcorn Chicken Salad side items Fresh Cucumber Slices Baby Carrots Fresh Apple Slices Peach Cup</p>	<p>24 Sloppy Joe Sandwich Gilled Cheese Sandwich Fun Lunch "PB" Dippers Tex Mex Pasta Salad w/ Chicken side items Garden Salad BBQ Black Beans Fresh Orange Pineapple Chunks</p>	<p>23 Fish Sticks Cheeseburger Deli Chicken-Ham Sandwich Chef Salad with Egg side items Fresh Broccoli Fresh Pear Applesauce</p>
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Bringing cold lunch from home? Your student can still take a Fresh Vegetable, Fruit and a Milk everyday to go along with his or her own cold lunch! Let us provide these nutritious side items at no cost to you!

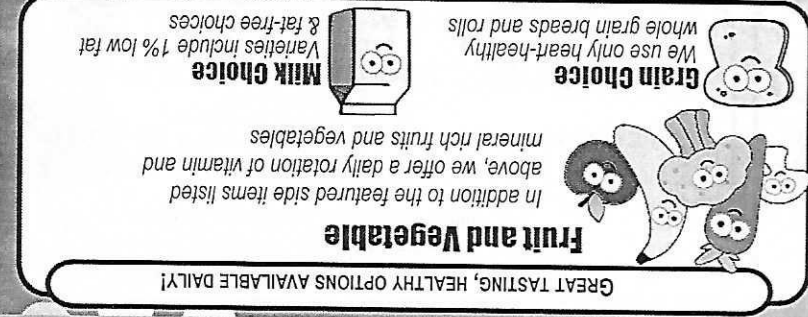
Join us on Thursday, February 19 and experience Marshall High School Culinary Team's award-winning menu from the 2014 Cooking Up Change Chicago competition!



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Milk choice
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Grain choice
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Where possible, we offer five entree choices everyday: two hot entrees; a deli sandwich with cheese; a PB&J sandwich; and an entree salad. Milk is only offered at no cost when accompanied by at least a fruit and a vegetable.

- Menu subject to change
- ALL products are pork-free
- In Peanut-Free Buildings, SunButter™ will be substituted
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