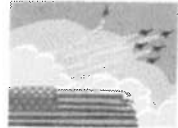





Morning Max (Peanut Free) : November 2011




Full Student Breakfast Includes Choice of Entrée, Choice of Fruit Side Dish, and Choice of Milk.


Monday	Tuesday	Wednesday	Thursday	Friday
<p>31</p> <p><u>Choose One Entrée</u> Egg & Potato Breakfast Bowl Cereal w/ *Mini Muffin</p> <p>Apple Low Fat or Non Fat Milk</p>	<p>1</p> <p><u>Choose One Entrée</u> Maple Glazed Mini Pancakes Cereal w/ Light Mozzarella String Cheese</p> <p>100% Orange Juice Low Fat or Non Fat Milk</p>	<p>2</p> <p>No Classes: Track E <u>Choose One Entrée</u> Cheesy Grits Cereal w/ *Graham Crackers</p> <p>Banana Low Fat or Non Fat Milk</p>	<p>3</p> <p><u>Choose One Entrée</u> Colby Cheese Omelet *Bagel w/ Jelly</p> <p>100% Apple Juice Low Fat or Non Fat Milk</p>	<p>4</p> <p><u>Choose One Entrée</u> Country Chicken Breakfast Sandwich Cereal w/ All Natural Fruit Flavored Yogurt</p> <p>Pear Low Fat or Non Fat Milk</p>
<p>7</p> <p><u>Choose One Entrée</u> Turkey Ham & Cheese Biscuit Breakfast Sandwich Cereal w/ Reduced Fat Cheddar Cheese Stick</p> <p>Apple Low Fat or Non Fat Milk</p>	<p>8</p> <p><u>Choose One Entrée</u> Scrambled Eggs *Homemade Oat Bars w/ Light Mozzarella Cheese Stick</p> <p>Banana Low Fat or Non Fat Milk</p>	<p>9</p> <p><u>Choose One Entrée</u> *Cinnamon Oatmeal Cereal w/ Hard Boiled Egg</p> <p>Pear Low Fat or Non Fat Milk</p>	<p>10</p> <p>No Classes: Track R <u>Choose One Entrée</u> Egg & Cheese on an English Muffin Cereal w/ *Mini Muffin</p> <p>100% Fruit Punch Low Fat or Non Fat Milk</p>	<p>11</p> <p>No Classes: Track R & E VETERANS DAY</p> 
<p>14</p> <p><u>Choose One Entrée</u> *Pancake Sandwich w/ Turkey Ham Cereal w/ All Natural Fruit Flavored Yogurt</p> <p>Apple Low Fat or Non Fat Milk</p> <p>November 14-18: Illinois School Breakfast Week!</p>	<p>15</p> <p><u>Choose One Entrée</u> Egg & Cheese on a *Bun Cereal w/ *Graham Crackers</p> <p>100% Grape Juice Low Fat or Non Fat Milk</p>	<p>16</p> <p>No Classes: Track R <u>Choose One Entrée</u> Cheesy Grits Cereal w/ Reduced Fat Cheddar Cheese Stick</p> <p>Banana Low Fat or Non Fat Milk</p>	<p>17</p> <p><u>Choose One Entrée</u> Southwestern Scrambled Eggs *Bagel w/ Jelly</p> <p>100% Apple Juice Low Fat or Non Fat Milk</p>	<p>18</p> <p>No Classes: Track R & E STAFF ONLY DAY</p>
<p>21</p> <p><u>Choose One Entrée</u> Maple Glazed French Toast Sticks Cereal w/ All Natural Fruit Flavored Yogurt</p> <p>Apple Low Fat or Non Fat Milk</p>	<p>22</p> <p><u>Choose One Entrée</u> Colby Cheese Omelet Cereal w/ *Benefit Bar </p> <p>100% Orange Juice Low Fat or Non Fat Milk</p>	<p>23</p> <p><u>Choose One Entrée</u> *Maple Oatmeal Cereal w/ Hard Boiled Egg</p> <p>Pear Low Fat or Non Fat Milk</p>	<p>24</p> <p>No Classes: Track R & E</p> <p style="text-align: center;">Thanksgiving</p>	<p>25</p> <p>No Classes: Track R & E</p>


Students must choose a minimum of 3 food items from the 4 food items offered. Students may decline up to 1 food item.

Assorted breakfast cereals are served throughout the month. Cereal choices may include: Kellogg's Corn Flakes, Special K, *Raisin Bran, Rice Krispies, *Frosted Mini Wheats, Crispex, *Kashi Heart to Heart, *Kashi Honey Sunshine, Organic Milling *Frosted Flakes, *Puffed Wheat, and *Strawberry Crispy Rice. Organic Milling cereals are produced in a facility with tree nuts. All meals are offered with a choice of milk. Milk choices include skim white or 1% white.

Menu items are labeled as "contains" or "may contain" peanuts or tree nuts as indicated on the ingredient label.

 **WHOLE GRAINS:** An asterisk (*) denotes items on our menu that contain whole grains. We recognize the positive impact whole grains can make on the health of children. We strive to serve at least one whole grain everyday.

 **LOCAL:** Bolded menu items indicate that they are locally sourced. This initiative is part of our continued commitment to the health & welfare of the students we serve. It is also an opportunity for us to contribute to the local community.

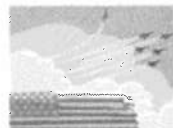
 **DID YOU KNOW...**
We have a new website where you can access all of our menus each month!
Visit us at: cpsmeals.org





Elementary Lunch : November 2011

Full Student Lunch Includes Choice of Entrée (Protein w/ Grain/Bread Accompaniment(s), Two (2) Vegetable/Fruit Side Dishes, and Choice of Milk.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Choose One</u> 31</p> <p>*Beef Tacos w/ Lettuce & Tomato</p> <p>*Chicken Quesadilla w/ Salsa</p> <p>Turkey & Cheese on a *Bun</p> <p><i>Garden Veggie Chef Salad w/ *Dinner Roll (meatless)</i></p> <p><u>Choose Two</u></p> <p>Refried Beans</p> <p>Mixed Vegetables</p> <p>Assorted Fresh Fruit & Cupped Fruit</p>	<p><u>Choose One</u> 1</p> <p>Asian Chicken Drumsticks w/ Asian *Brown Rice</p> <p>*Tuna Casserole (meatless)</p> <p>*Peanut Butter & Jelly Sandwich (meatless)(contains peanuts)</p> <p>*Antipasto Pasta Salad w/ Turkey Ham</p> <p><u>Choose Two</u></p> <p>Broccoli</p> <p>Assorted Fresh Fruit & Cupped Fruit</p>	<p>No Classes: Track E 2</p> <p><u>Choose One</u></p> <p>BBQ Turkey on a *Bun</p> <p>Baked Chicken Sticks w/ *Dinner Roll</p> <p>*Turkey Ham & Cheese Sandwich</p> <p><i>Tuna Chef Salad w/ Crackers (meatless)</i></p> <p><u>Choose Two</u></p> <p>Corn on the Cob</p> <p>Assorted Fresh Fruit & Cupped Fruit</p>	<p><u>Choose One</u> 3</p> <p>*Cheese Pizza (meatless)</p> <p>*Turkey Sausage Pizza</p> <p>Turkey Salami & Cheese *Wrap</p> <p>Chicken Caesar Salad w/ Croutons</p> <p><u>Choose Two</u></p> <p>Tossed Romaine Salad</p> <p>Green Beans</p> <p>Assorted Fresh Fruit & Cupped Fruit</p>	<p><u>Choose One</u> 4</p> <p>Baked Fish w/ *Brown Rice</p> <p>Cheeseburger on a *Bun</p> <p>Italian *Sub</p> <p>Popcorn Shrimp Chef Salad w/ *Dinner Roll (meatless)</p> <p><u>Choose Two</u></p> <p>Carrots</p> <p>Assorted Fresh Fruit & Cupped Fruit</p> <p>Complimentary Lemon Pound Cake</p>
<p><u>Choose One</u> 7</p> <p>*Spaghetti w/ Meatballs</p> <p>*Toasted Cheese Sandwich (meatless)</p> <p>Turkey Ham & Cheese *Wrap</p> <p>Fiesta Salad over *Corn Chips (meatless)</p> <p><u>Choose Two</u></p> <p>Tossed Spinach Salad</p> <p>Zucchini</p> <p>Assorted Fresh Fruit & Cupped Fruit</p>	<p><u>Choose One</u> 8</p> <p>*Turkey Hot Dog</p> <p>BBQ Beef Rib w/ Seasoned *Brown Rice</p> <p>*Peanut Butter & Jelly Sandwich (meatless)(contains peanuts)</p> <p>Cobb Chef Salad w/ Croutons</p> <p><u>Choose Two</u></p> <p>Vegetarian Baked Beans</p> <p>Peas & Carrots</p> <p>Assorted Fresh Fruit & Cupped Fruit</p>	<p><u>Choose One</u> 9</p> <p>Baked Bone-In Chicken w/ *Dinner Roll</p> <p>Turkey Carnitas w/ *Tortilla</p> <p>Turkey & Cheese on a *Bun</p> <p><i>Garden Veggie Chef Salad w/ Croutons (meatless)</i></p> <p><u>Choose Two</u></p> <p>Mashed Sweet Potatoes</p> <p>Green Beans</p> <p>Assorted Fresh Fruit & Cupped Fruit</p> <p>Complimentary Banana Nut Bread (may contain traces of nuts)</p>	<p>No Classes: Track R 10</p> <p><u>Choose One</u></p> <p>*Cheese Pizza (meatless)</p> <p>*Turkey Sausage Pizza</p> <p>*Turkey Salami & Cheese Sandwich</p> <p>BBQ Chicken Salad w/ *Dinner Roll</p> <p><u>Choose Two</u></p> <p>Corn</p> <p>Assorted Fresh Fruit & Cupped Fruit</p>	<p>No Classes: Track R & E 11</p> <p>VETERANS DAY</p> 
<p><u>Choose One</u> 14</p> <p>Turkey Pasta Bake w/ *Rotini Noodles</p> <p>Seafood Platter w/ *Dinner Roll</p> <p>Turkey & Cheese on a *Bun</p> <p><i>Garden Veggie Chef Salad w/ *Dinner Roll (meatless)</i></p> <p><u>Choose Two</u></p> <p>Broccoli</p> <p>Assorted Fresh Fruit & Cupped Fruit</p>	<p><u>Choose One</u> 15</p> <p>Beef Taco Salad w/ Lettuce & Tomato *Corn Chips</p> <p>Toasted Cheese Pizza Bagel (meatless)</p> <p>*Peanut Butter & Jelly Sandwich (meatless)(contains peanuts)</p> <p>*Antipasto Pasta Salad w/ Turkey Ham</p> <p><u>Choose Two</u></p> <p>Southwest Black Beans</p> <p>Carrots</p> <p>Assorted Fresh Fruit & Cupped Fruit</p>	<p>No Classes: Track R 16</p> <p><u>Choose One</u></p> <p>*Cheese Pizza (meatless)</p> <p>*Turkey Sausage Pizza</p> <p>*Turkey Ham & Cheese Sandwich</p> <p>Chicken Caesar Salad w/ Croutons</p> <p><u>Choose Two</u></p> <p>Mixed Vegetables</p> <p>Assorted Fresh Fruit & Cupped Fruit</p>	<p><u>Choose One</u> 17</p> <p>BBQ Chicken Drumsticks w/ *Mac & Cheese</p> <p>Bean Burrito w/ Cheese & Salsa (meatless)</p> <p>Turkey Salami & Cheese *Wrap</p> <p><i>Tuna Chef Salad w/ Crackers (meatless)</i></p> <p><u>Choose Two</u></p> <p>Tossed Romaine Salad</p> <p>Corn</p> <p>Assorted Fresh Fruit & Cupped Fruit</p> <p>Complimentary Eat.Learn.Live. Snicker-doodle Cookie(may contain traces of nuts)</p>	<p>No Classes: Track R & E 18</p> <p>STAFF ONLY DAY</p> <p>NEW</p> <p>November 1st & 17th we are serving antibiotic free chicken drumsticks from Miller Amish Farms in northern Indiana. The drumstick will become a frequent item on our menus!</p>
<p><u>Choose One</u> 21</p> <p>*Toasted Turkey Ham & Cheese Sandwich</p> <p>Three Bean Chili w/ Cornbread (meatless)</p> <p>Turkey Ham & Cheese on a *Bun</p> <p>Fiesta Salad over *Corn Chips (meatless)</p> <p><u>Choose Two</u></p> <p>Marinated Three Bean Salad</p> <p>Peas & Carrots</p> <p>Assorted Fresh Fruit & Cupped Fruit</p>	<p><u>Choose One</u> 22</p> <p>Teriyaki Chicken w/ *Brown Rice</p> <p>Italian Meatball *Sub</p> <p>*Peanut Butter & Jelly Sandwich (meatless)(contains peanuts)</p> <p>Cobb Chef Salad w/ Croutons</p> <p><u>Choose Two</u></p> <p>Tossed Spinach Salad</p> <p>Squash</p> <p>Assorted Fresh Fruit & Cupped Fruit</p>	<p><u>Choose One</u> 23</p> <p>Turkey Roast w/ Cranberry Sauce & *Dinner Roll</p> <p>Veggie Burger on a *Bun (meatless)</p> <p>Turkey & Cheese on *Wrap</p> <p><i>Garden Veggie Chef Salad w/ Croutons (meatless)</i></p> <p><u>Choose Two</u></p> <p>Seasoned Collard Greens</p> <p>Baked Sweet Potato</p> <p>Assorted Fresh Fruit & Cupped Fruit</p> <p>Complimentary Banana Nut Bread (may contain traces of nuts)</p>	<p>No Classes: Track R & E 24</p> <p style="text-align: center;">Thanksgiving</p>	<p>No Classes: Track R & E 25</p>

Students must choose a minimum of 3 food items from the 5 food items offered. Students may decline up to 2 food items.

Daily fresh fruit selection may include pears, bananas, oranges, and local Michigan apples. Daily cupped fruit may include pears, peaches, applesauce, sliced apples, apricots, or mixed fruit. All meals are offered with a choice of milk. Milk choices include skim white, 1% white, or skim chocolate. Schools with salad bars will not serve the entrée salad. Menu items are labeled as "contains" or "may contain" peanuts or tree nuts as indicated on the ingredient label.

This Menu Meets the Healthier US School Challenge Gold Standard!

WHOLE GRAINS: An asterisk (*) denotes items on our menu that contain whole grains. We recognize the positive impact whole grains can make on the health of children. We strive to serve at least one whole grain everyday.

LOCAL: Bolded menu items indicate that they are locally sourced. This initiative is part of our continued commitment to the health & welfare of the students we serve. It is also an opportunity for us to contribute to the local community.

FOOD FOCUS: CARROTS are an excellent source of Vitamin A which is needed for healthy eyesight, skin, growth, and fighting infection. Their sweet taste makes them a great snack when eaten raw and a tasty addition to a variety of cooked dishes. *Italicized* items on the menu contain carrots.