



High School Lunch : February 6-10, 2012

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

Stations	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Savory foods and flavorful dishes made with fresh ingredients, comfort foods to International tastes.</p>	New Orleans Cajun Chicken over *Brown Rice	*Cheesy Chili Macaroni w/ *Toasted Garlic Bread	Beef Taco Salad w/ Lettuce & Tomato over *Corn Chips	Three Bean Chili w/ Combread (meatless)	Baked Bone-In Chicken w/ *Dinner Roll Complimentary Lemon Pound Cake
<p>Fresh baked favorites made daily on whole grain crusts with fresh herbs, vegetables, sauces, low fat meats and cheeses.</p>	Available Daily: *Cheese Pizza (meatless)				
	*Buffalo Chicken Pizza	Green Pepper & Onion Flatbread (meatless)	*Turkey Sausage Pizza	*Pepperoni Pizza	Mexican Flatbread
<p>Hot grab and go favorites! Grilled, baked breaded meats & vegetarian selections, all served in breads, buns & wraps.</p>	Available Daily: Spicy Chicken Patty on a *Bun				
	Cheeseburger on a *Bun	*Chicken Fajitas w/ Green Peppers & Onions	Chicken or Veggie Quesadillas	*Toasted Turkey Ham & Cheese Sandwich	*Turkey Hot Dog
<p>Fresh. Food. Fast Crispy dark greens, hearty, healthful sandwich ingredients and toppings, meatless or not, ready to go!</p>	*Peanut Butter & Jelly Sandwich (meatless) (contains nuts) Cobb Chef Salad w/ Croutons	Turkey Ham & Cheese *Wrap Hummus w/ Pita Chips (meatless)	Turkey Salami & Cheese on a *Bun Tuna Chef Salad w/ Crackers (meatless)	Chicken Salad *Wrap Garden Veggie Salad w/ *Dinner Roll (meatless)	*Veggie Sandwich w/ Hummus (meatless) Buffalo Chicken Salad w/ Crackers
FRUIT & VEGGIE SIDE DISHES	Available Daily: Assorted Fresh Fruits, Chilled Fruits, & Tossed Romaine Salad				
	Vegetable Medley Cucumber & Tomato Salad	Broccoli Confetti Coleslaw	Carrots Mexicali Corn	Baked Potato Rounds Green Beans	Southern Style Beans Roasted Zucchini & Squash
MILK	Available Daily: Skim White, 1% Low Fat White, Skim Chocolate				

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 apples. Daily cupped fruit may include pears, peaches, applesauce, sliced apples, apricots, or mixed fruit.

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.

DID YOU KNOW...

We have a new website where you can access all of our menus each month!

Visit us at: cpsmeals.org





High School Lunch : February 13-17, 2012

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

Stations	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Savory foods and flavorful dishes made with fresh ingredients, comfort foods to International tastes.</p>	<p>NO CLASSES: Track R & E</p> <p>Lincoln's Birthday</p>	Turkey Pasta Bake w/ *Rotini Noodles	Beef Taco Salad w/ Lettuce & Tomato over *Corn Chips	Turkey Carnitas w/ *Tortilla	<p>Asian Chicken Drumstick w/ *Asian Brown Rice</p> <p>Complimentary Apple Bread (may contain traces of nuts)</p>
<p>Fresh baked favorites made daily on whole grain crusts with fresh herbs, vegetables, sauces, low fat meats and cheeses.</p>	Available Daily: *Cheese Pizza (meatless)				
		*Cajun Chicken Pizza	Turkey Sausage Flatbread	*Spinach, Tomato, & Mushroom Pizza (meatless)	Pepperoni Flatbread
<p>Hot grab and go favorites! Grilled, baked breaded meats & vegetarian selections, all served in breads, buns & wraps.</p>	Available Daily: Spicy Chicken Patty on a *Bun				
		Sloppy Joe on a *Bun	*Veggie Burrito (meatless)	*Chicken Cheese Steak	*Turkey Hot Dog
<p>Fresh. Food. Fast</p> <p>Crispy dark greens, hearty, healthful sandwich ingredients and toppings, meatless or not, ready to go!</p>		Turkey & Cheese *Wrap	Italian *Sub	Tuna Salad *Wrap (meatless)	Turkey Ham & Cheese on a *Bun
		Popcorn Shrimp Chef Salad w/ *Dinner Roll (meatless)	Garden Veggie Chef Salad w/ Croutons (meatless)	BBQ Chicken Salad w/ Crackers	Fiesta Salad over *Corn Chips (meatless)
<p>FRUIT & VEGGIE SIDE DISHES</p>	Available Daily: Assorted Fresh Fruits, Chilled Fruits, & Tossed Romaine Salad				
		Broccoli Green Beans	Refried Beans Corn on the Cob	Tossed Spinach Salad Mixed Vegetables	Orange Glazed Carrots Baked Crinkle Cut Potatoes
<p>MILK</p>	Available Daily: Skim White, 1% Low Fat White, Skim Chocolate				

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High School Lunch : February 20-24, 2012

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

Stations	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Savory foods and flavorful dishes made with fresh ingredients, comfort foods to international tastes.</p>	<p>NO CLASSES: Track R & E</p> <p>President's Day</p>	<p>*Spaghetti w/ Meatballs & *Toasted Garlic Bread</p>	<p>Beef Taco Salad w/ Lettuce & Tomato over *Corn Chips</p>	<p>Cajun Chicken Jambalaya w/ Jalapeno Cornbread</p>	<p>*Baked Fish Taco w/ Shredded Cabbage, Onion, & Cilantro (meatless)</p> <p>Complimentary Lemon Pound Cake</p>
<p>Fresh baked favorites made daily on whole grain crusts with fresh herbs, vegetables, sauces, low fat meats and cheeses.</p>	<p>Available Daily: *Cheese Pizza (meatless)</p>				
		<p>*Turkey Sausage Pizza</p>	<p>Green Pepper & Onion Flatbread (meatless)</p>	<p>*Pepperoni Pizza</p>	<p>Mexican Flatbread</p>
<p>Hot grab and go favorites! Grilled, baked breaded meats & vegetarian selections, all served in breads, buns & wraps.</p>	<p>Available Daily: Spicy Chicken Patty on a *Bun</p>				
		<p>*Chicken Fajitas w/ Green Peppers & Onions</p>	<p>Chicken or Veggie Quesadillas</p>	<p>*Toasted Turkey Ham & Cheese Sandwich</p>	<p>*Turkey Hot Dog</p>
<p>Fresh. Food. Fast</p> <p>Crispy dark greens, hearty, healthful sandwich ingredients and toppings, meatless or not, ready to go!</p>		<p>Turkey Ham & Cheese *Wrap</p> <p>Hummus w/ Pita Chips (meatless)</p>	<p>Turkey Salami & Cheese on a *Bun</p> <p>Tuna Chef Salad w/ Crackers (meatless)</p>	<p>Chicken Salad *Wrap</p> <p>Garden Veggie Salad w/ *Dinner Roll (meatless)</p>	<p>*Veggie Sandwich w/ Hummus (meatless)</p> <p>Buffalo Chicken Salad w/ Crackers</p>
<p>FRUIT & VEGGIE SIDE DISHES</p>	<p>Available Daily: Assorted Fresh Fruits, Chilled Fruits, & Tossed Romaine Salad</p>				
		<p>Seasoned Spinach</p> <p>Zucchini</p>	<p>Corn</p> <p>Vegetarian Baked Beans</p>	<p>Squash</p> <p>Cucumber & Tomato Salad</p>	<p>Carrots</p> <p>Baked Potato Rounds</p>
<p>MILK</p>	<p>Available Daily: Skim White, 1% Low Fat White, Skim Chocolate</p>				

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High School Lunch : February 27-March 2, 2012

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

Stations	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Savory foods and flavorful dishes made with fresh ingredients, comfort foods to International tastes.</p>	*Chicken Alfredo w/ *Toasted Garlic Bread	Turkey Gumbo w/ *Brown Rice	Beef Taco Salad w/ Lettuce & Tomato over *Corn Chips	BBQ Chicken Drumstick w/ *Mac & Cheese	Tuna Casserole (meatless) Complimentary Apple Bread (may contain traces of nuts)
<p>Fresh baked favorites made daily on whole grain crusts with fresh herbs, vegetables, sauces, low fat meats and cheeses.</p>	Available Daily: *Cheese Pizza (meatless)				
	*Cajun Chicken Pizza	Green Pepper & Onion Pizza (meatless)	Turkey Sausage Flatbread	*Spinach, Tomato, & Mushroom Pizza (meatless)	Pepperoni Flatbread
<p>Hot grab and go favorites! Grilled, baked breaded meats & vegetarian selections, all served in breads, buns & wraps.</p>	Available Daily: Spicy Chicken Patty on a *Bun				
	Cheeseburger on a *Bun	Buffalo Chicken *Wrap	*Veggie Burrito (meatless)	*Chicken Cheese Steak	*Turkey Hot Dog
<p>Fresh. Food. Fast Crispy dark greens, hearty, healthful sandwich ingredients and toppings, meatless or not, ready to go!</p>	*Peanut Butter & Jelly Sandwich (meatless) (contains nuts) Chicken Caesar Salad w/ Croutons	Turkey & Cheese *Wrap Popcorn Shrimp Chef Salad w/ *Dinner Roll (meatless)	Italian *Sub Garden Veggie Chef Salad w/ Croutons (meatless)	Tuna Salad *Wrap (meatless) BBQ Chicken Salad w/ Crackers	Turkey Ham & Cheese on a *Bun Fiesta Salad over *Corn Chips (meatless)
FRUIT & VEGGIE SIDE DISHES	Available Daily: Assorted Fresh Fruits, Chilled Fruits, & Tossed Romaine Salad				
	Green Beans Roasted Zucchini & Squash	Peas & Carrots Cucumber & Tomato Salad	Southwest Black Beans Mexicali Corn	Seasoned Collards Garden Blend Vegetables	Broccoli Confetti Coleslaw
MILK	Available Daily: Skim White, 1% Low Fat White, Skim Chocolate				

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