



# Lunch

CICS: Bucktown

March 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<p><b>Special News...</b></p> <p><b>PARENTS!</b> Encourage your student to grab a breakfast and lunch every day, <u>at no charge.</u></p> <p>A nutritious meal helps with attentiveness in class and improved test scores!</p> <p>Daily Options:</p> <ol style="list-style-type: none"> <li>Hot Entrée</li> <li>Cold Sandwich</li> <li>Salad Entrée</li> </ol> <p><small>Menus are subject to change without notice.</small></p>
<p><b>2</b></p> <ol style="list-style-type: none"> <li>Cheeseburger</li> <li>V-Sun Butter &amp; Jelly Sandwich</li> <li>Turkey Chef Salad w/ Roll</li> </ol> <p>Applesauce &amp; Fresh Orange Tater Bites</p>	<p><b>3</b></p> <ol style="list-style-type: none"> <li>Chicken Parmesan w/ Spaghetti</li> <li>Buffalo Chicken Wrap</li> <li>V-Tossed Cheese salad w/pretzel rod</li> </ol> <p>Fresh Orange Wedges &amp; Fresh Apple Slices</p>	<p><b>4</b></p> <ol style="list-style-type: none"> <li>Oven Baked Chicken Tenders</li> <li>Tuna Salad sandwich</li> <li>V-Egg Caesar Salad w/ Roll</li> </ol> <p>Fresh Grapes &amp; Fresh Banana Baked Beans</p>	<p><b>5</b></p> <ol style="list-style-type: none"> <li>V-Homemade Cheese Pizza</li> <li>Turkey &amp; American Cheese Sub</li> <li>Chicken Ham &amp; Cheese Salad w/pretzel rod</li> </ol> <p>Pears &amp; Apple Slices Steamed Carrots</p>	<p><b>6</b></p> <ol style="list-style-type: none"> <li>Cheese Ravioli w/marinara sauce</li> <li>Turkey &amp; Cham &amp; Pepper jack cheese Wrap</li> <li>Popcorn chicken Salad w/breadstick</li> </ol> <p>Whole Apple &amp; Ripe Banana Steamed Broccoli</p>	
<p><b>9</b></p> <ol style="list-style-type: none"> <li>Waffles &amp; Sausage</li> <li>Chicken Ham &amp; Cheese Sub</li> <li>V-Fruit, Yogurt &amp; Cheese Plate w/ Graham Crackers</li> </ol> <p>Applesauce &amp; Fresh Orange Sweet Potato Tots</p>	<p><b>10</b></p> <ol style="list-style-type: none"> <li>Chicken Quesadilla</li> <li>V-Sun Butter &amp; Jelly Sandwich</li> <li>Popcorn Chicken Salad w/ Roll</li> </ol> <p>Fresh Orange Wedges &amp; Fresh Apple Slices Refried Beans</p>	<p><b>11</b></p> <ol style="list-style-type: none"> <li>Oven Baked Chicken Bites w/Soft Pretzel</li> <li>Chicken Caesar Wrap</li> <li>V-Egg Chef Salad w/ Pretzel Rod</li> </ol> <p>Fresh Grapes &amp; Fresh Banana Tater Bites</p>	<p><b>12</b></p> <ol style="list-style-type: none"> <li>Korean Beef Meatballs w/ Rice</li> <li>V-Sun Butter &amp; Jelly Sandwich</li> <li>Turkey Chef Salad w/ Roll</li> </ol> <p>Pears &amp; Fresh Apple Slices Orange Glazed Carrots</p>	<p><b>13</b> <b>PIZZA FRIDAY!</b></p> <ol style="list-style-type: none"> <li>Cheese Pizza</li> <li>Turkey &amp; Cheddar Cheese Sandwich</li> <li>V-Tossed Cheese Salad w/Pretzel Rod</li> </ol> <p>Whole Apple &amp; Ripe Banana Steamed Green Beans</p>	
<p><b>16</b></p> <ol style="list-style-type: none"> <li>Chicken Patty Sandwich</li> <li>Turkey &amp; Cheese Sandwich</li> <li>V- Cheese Salad w/Roll</li> </ol> <p>Applesauce &amp; Fresh Orange Tater Bites</p>	<p><b>17</b></p> <ol style="list-style-type: none"> <li>Cheeseburger</li> <li>Chicken Ham &amp; Cheese Sub</li> <li>V-Egg Chef Salad w/pretzel rod</li> </ol> <p>Orange Wedges &amp; Fresh Apple Slices Veg. Baked Beans</p>	<p><b>18</b></p> <ol style="list-style-type: none"> <li>Pancakes w/sausage</li> <li>V-Egg Salad Sandwich</li> <li>Chicken Caesar Salad w/ Breadstick</li> </ol> <p>Fresh Grapes &amp; Fresh Banana Sweet Tater Bites</p>	<p><b>19</b></p> <ol style="list-style-type: none"> <li>Chicken Mashed Potato Bowl</li> <li>V-Sun Butter &amp; Jelly Sandwich</li> <li>Popcorn Chicken Salad w/ Roll</li> </ol> <p>Pears &amp; Fresh Apple Slices Corn</p>	<p><b>20</b></p> <ol style="list-style-type: none"> <li>V-Cheese Stuffed Breadsticks w/ Marinara Sauce</li> <li>Turkey &amp; Swiss Cheese Sub</li> <li>V-Fruit, Yogurt &amp; Cheese Plate w/Graham Crackers</li> </ol> <p>Apple &amp; Banana Broccoli</p>	
<p><b>23</b></p> <ol style="list-style-type: none"> <li>Penne Alfredo w/ Chicken</li> <li>Ham &amp; Swiss Sub</li> <li>V-Chef Salad w/Pretzel Rod</li> </ol> <p>Applesauce &amp; Fresh Orange Green Peas</p>	<p><b>24</b></p> <ol style="list-style-type: none"> <li>Orange Popcorn Chicken over Rice</li> <li>V-Sun Butter &amp; Jelly Sandwich</li> <li>Chicken Caesar Salad w/ Breadstick</li> </ol> <p>Orange Wedges &amp; Apple Slices Steamed Broccoli</p>	<p><b>25</b> <b>National HOT DOG Day!</b></p> <ol style="list-style-type: none"> <li>Turkey Dog on a Whole Grain Bun</li> <li>Turkey &amp; Provolone Sandwich</li> <li>Popcorn Chicken Salad w/ Roll</li> </ol> <p>Grapes &amp; Banana Tater Bites</p>	<p><b>26</b></p> <ol style="list-style-type: none"> <li>V-Homemade Cheese Pizza</li> <li>Chicken Ham &amp; Pepper Jack Cheese Sandwich</li> <li>Beef Taco Salad</li> </ol> <p>Pears &amp; Apple Slices Steamed Green Beans</p>	<p><b>27</b></p> <ol style="list-style-type: none"> <li>V-Cheese Quesadilla</li> <li>Buffalo Chicken Wrap</li> <li>V-Tossed Cheese Salad w/Pretzel Rod</li> </ol> <p>Whole Apple &amp; Ripe Banana Refried Beans</p>	
<p><b>30</b></p> <ol style="list-style-type: none"> <li>Teriyaki Chicken w/ Rice</li> <li>Chicken Ranch Wrap</li> <li>V-Caesar Salad w/ Breadstick</li> </ol> <p>Applesauce or Fresh Orange Steamed Green Beans</p>	<p><b>31</b></p> <ol style="list-style-type: none"> <li>Beef Tacos</li> <li>V-Sun Butter &amp; Jelly Sandwich</li> <li>Turkey &amp; Cheese Salad w/Pretzel Rod</li> </ol> <p>Fresh Orange Wedges &amp; Apple Slices Kickin' Pinto Beans</p>				

All menu items do NOT contain pork, all Bread items served are WHOLE GRAIN.

## What makes a meal?

Entrée (option 1, 2 or 3) + Fruit + Veggie  
Milk (optional)



View nutrition and allergy info at: [cics.schooldish.com](http://cics.schooldish.com)



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