

December 2024



1640 W Hubbard Ave., Chicago, IL 60622

DAY OF WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
DATE	2	3	4	5	6
Breakfast	Strawberry Cocoa Oatmeal & Fruit (V)(GF)(SF)(EF)(DF)	Yogurt w/ Granola Crumbles & Fruit (VEG)(GF)(SF)(EF)	Cheesy Breakfast Potatoes & Fruit (VEG)(GF)(SF)(EF)	Pumpkin Muffin & Fruit (VEG)(SF)(DF)	Banana Muffin & Fruit (VEG)(SF)(DF)
Breakfast Allergy	Plain Oatmeal & Fruit (V)(GF)(SF)(EF)(DF)	DF Vanilla Coconut Yogurt w/ Corn Chex & Fruit (V)(GF)(SF)(EF)(DF)	DF Cheesy Breakfast Potatoes & Fruit (V)(GF)(SF)(EF)(DF)	Vegan Pumpkin Oat Muffin & Fruit (V)(GF)(SF)(EF)(DF)	Vegan Banana Oat Muffin & Fruit (V)(GF)(SF)(EF)(DF)
Lunch Standard	BBQ Chicken Sandwich (SF)(EF)(DF)	Pasta & Turkey Marinara (SF)(EF)(DF)	Chicken Stir Fry (GF)(EF)(DF)	Mexican Lasagna w/ Turkey (SF)(EF)	Chicken Teriyaki w/ Rice (GF)(EF)(DF)
Lunch (GF)	GF BBQ Chicken Sandwich (GF)(SF)(EF)(DF)	GF Pasta & Turkey Marinara (GF)(SF)(EF)(DF)		GF Mexican Lasagna w/ Turkey (GF)(SF)(EF)	
Lunch (VEG)	BBQ White Bean & Vegetable Sandwich (V)(SF)(EF)(DF)	Pasta & Black Bean Marinara (V)(SF)(EF)(DF)	Vegetable & Tofu Stir Fry (V)(GF)(EF)(DF)	Mexican Lasagna w/ Chickpeas (VEG)(SF)(EF)	Tofu Teriyaki w/ Rice (V)(GF)(EF)(DF)
Lunch (V)				DF Mexican Lasagna w/ Chickpeas (V)(GF)(SF)(EF)(DF)	
Lunch Allergy	GF BBQ Chicken Sandwich (GF)(SF)(EF)(DF)	GF Pasta & Turkey Marinara (GF)(SF)(EF)(DF)	Black Bean Fajitas & Corn Tortilla (V)(GF)(SF)(EF)(DF)		Grilled Chicken & Rice (GF)(SF)(EF)(DF)
PM Snack	Cocoa Rice Puffs & Fruit (V)(GF)(SF)(EF)(DF)	Blueberry Bread & Fruit (VEG)(SF)	Turkey & Cheese w/ Crackers (EF)	Churro Crisps & Fruit (V)(SF)(EF)(DF)	Greek Yogurt Ranch w/ Oyster Crackers & Carrots (VEG)(SF)(EF)
PM Snack Toddler				Pita & Fruit (V)(SF)(EF)(DF)	
PM Snack Allergy	Plain Rice Puffs & Fruit (V)(GF)(SF)(EF)(DF)	Vegan Blueberry Oat Muffin & Fruit (V)(GF)(SF)(EF)(DF)	Vegan Oat Crackers & DF Cheese (V)(GF)(SF)(EF)(DF)	GF Churro Crisps & Fruit (V)(GF)(SF)(EF)(DF)	White Bean Dip & Corn Tortilla (V)(GF)(SF)(EF)(DF)

All lunches are served with fresh fruit and vegetables.

Toddler fruit and vegetables are mashed, diced, pureed, or cooked until soft.

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DAY OF WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
DATE	9	10	11	12	13
Breakfast	Cheesy Grits & Fruit (VEG)(GF)(SF)(EF)	Cinnamon Rice Pudding & Fruit (VEG)(GF)(SF)(EF)	Banana Pancake w/ Syrup & Fruit (VEG)(SF)	Apple Crumble Bar & Fruit (VEG)(SF)	Blueberry Banana Oat Muffin & Fruit (VEG)(GF)(SF)(EF)
Breakfast Allergy	Plain Grits & Fruit (V)(GF)(SF)(EF)(DF)	DF Plain Rice Pudding & Fruit (V)(GF)(SF)(EF)(DF)	Banana Oatmeal & Fruit (V)(GF)(SF)(EF)(DF)	Vegan Apple Oat Muffin & Fruit (V)(GF)(SF)(EF)(DF)	Vegan Blueberry Oat Muffin & Fruit (V)(GF)(SF)(EF)(DF)
Lunch Standard	Sloppy Joe w/ Turkey (SF)(EF)(DF)	Mac & Cheese (VEG)(SF)(EF)	Chicken Taco (SF)(EF)(DF)	Turkey Macaroni w/ Marinara (SF)(EF)(DF)	Chicken Tenders & Ketchup
Lunch (GF)	GF Sloppy Joe w/ Turkey (GF)(SF)(EF)(DF)	GF Mac & Cheese (VEG)(GF)(SF)(EF)	GF Chicken Taco (GF)(SF)(EF)(DF)	GF Pasta & Turkey Marinara (GF)(SF)(EF)(DF)	GF Chicken Tenders & Ketchup (GF)(SF)(DF)
Lunch (VEG)	Sloppy Joe w/ Chickpeas & Vegetables (V)(SF)(EF)(DF)	Mac & Cheese (VEG)(SF)(EF)	Bean & Vegetable Taco (V)(SF)(EF)(DF)	Pasta & Black Bean Marinara (V)(SF)(EF)(DF)	Chickpea & Polenta Veggie Nuggets (V)(GF)(SF)(EF)(DF)
Lunch (V)		DF Mac & Cheese (V)(SF)(EF)(DF)			
Lunch Allergy	GF Sloppy Joe w/Chickpeas & Vegetables (V)(GF)(SF)(EF)(DF)	GF&DF Mac & Cheese (V)(GF)(SF)(EF)(DF)	GF Bean & Vegetable Taco (V)(GF)(SF)(EF)(DF)	GF Pasta & Turkey Marinara (GF)(SF)(EF)(DF)	
PM Snack	Cheddar Cheese Dip & Pita (VEG)(SF)(EF)	Carrot Bread & Fruit (VEG)(SF)	Banana Cocoa Oat Cluster & Fruit (V)(GF)(SF)(EF)(DF)	Oat Crackers (Cinnamon Sugar) & Fruit (VEG)(SF)(EF)	Yogurt & Fruit (VEG)(GF)(SF)(EF)
PM Snack Toddler			Plain Rice Puffs & Fruit (V)(GF)(SF)(EF)(DF)	Rice Chex & Fruit (V)(GF)(SF)(EF)(DF)	
PM Snack Allergy	White Bean Dip & Corn Tortilla (V)(GF)(SF)(EF)(DF)	Flourless Zucchini Carrot Muffin & Fruit (V)(GF)(SF)(EF)(DF)	Banana Cocoa Oat Cluster & Fruit (V)(GF)(SF)(EF)(DF)		DF Vanilla Coconut Yogurt & Fruit (V)(GF)(SF)(EF)(DF)

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DAY OF WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
DATE	16	17	18	19	20
Breakfast	Blueberry Oatmeal & Fruit (V)(GF)(SF)(EF)(DF)	Yogurt w/ Granola Crumbles & Fruit (VEG)(GF)(SF)(EF)	French Toast Sticks w/ Syrup & Fruit (VEG)(SF)	Orange Bread & Fruit (VEG)(SF)(DF)	Blueberry Bread & Fruit (VEG)(SF)
Breakfast Allergy	Plain Oatmeal & Fruit (V)(GF)(SF)(EF)(DF)	DF Vanilla Coconut Yogurt w/ Corn Chex & Fruit (V)(GF)(SF)(EF)(DF)	GF & Vegan French Toast Sticks w/ Syrup & Fruit (V)(GF)(SF)(EF)(DF)	Vegan Peach Oat Muffin & Fruit (V)(GF)(SF)(EF)(DF)	Vegan Blueberry Oat Muffin & Fruit (V)(GF)(SF)(EF)(DF)
Lunch Standard	Turkey Chili w/ Oyster Crackers (SF)(EF)(DF)	Chicken & Rice Soup (GF)(SF)(EF)	Spinach Pesto Pasta w/ White Beans (VEG)(SF)(EF)	Cheese Pizza (VEG)(SF)(EF)(SF)	Chicken & Noodles (SF)(DF)
Lunch (GF)	Turkey Chili w/ GF Bread (GF)(SF)(EF)(DF)		GF Spinach Pesto Pasta w/ White Beans (VEG)(GF)(SF)(EF)	GF&DF Cheese Pizza (V)(GF)(EF)(DF)(SF)	GF Chicken & Noodles (GF)(SF)(EF)(DF)
Lunch (VEG)	Veggie & Bean Chili w/ Oyster Crackers (V)(SF)(EF)(DF)	Vegetable & Bean Soup (V)(GF)(SF)(EF)(DF)	Spinach Pesto Pasta w/ White Beans (VEG)(SF)(EF)	Cheese Pizza (VEG)(SF)(EF)(SF)	Tofu & Noodles (VEG)(DF)
Lunch (V)			GF&DF Spinach Pesto Pasta w/ White Beans (V)(GF)(SF)(EF)(DF)	GF&DF Cheese Pizza (V)(GF)(EF)(DF)(SF)	GF Tofu & Noodles (V)(GF)(EF)(DF)
Lunch Allergy	Veggie & Bean Chili w/ GF Bread (V)(GF)(SF)(EF)(DF)				GF Chicken & Noodles (GF)(SF)(EF)(DF)
PM Snack	Pretzels & Fruit (V)(SF)(EF)(DF)	Pumpkin Bread & Fruit (VEG)(SF)(DF)	Wheat Crackers & String Cheese (VEG)(SF)(EF)	Creamy Spinach Dip & Pita (VEG)(SF)(EF)	Turkey & Cheese w/ Crackers (EF)
PM Snack Toddler	Corn Chex & Fruit (V)(GF)(SF)(EF)(DF)		Oyster Crackers & String Cheese (VEG)(SF)(EF)		
PM Snack Allergy	GF Pretzels & Fruit (V)(GF)(SF)(EF)(DF)	Vegan Pumpkin Oat Muffin & Fruit (V)(GF)(SF)(EF)(DF)	Vegan Oat Crackers & DF Cheese (V)(GF)(SF)(EF)(DF)	Hummus & Corn Tortilla (V)(GF)(SF)(EF)(DF)	Vegan Oat Crackers & DF Cheese (V)(GF)(SF)(EF)(DF)

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DAY OF WEEK 4	Monday	Tuesday	Wednesday	Thursday	Friday
DATE	23	24	25	26	27
Breakfast	Turkey Bacon w/ White Wheat Bread & Fruit (SF)(EF)(DF)	Mango Peach Smoothie Bowl w/ Granola Crumbles & Fruit (VEG)(GF)(SF)(EF)		Cereal Trail Mix & Fruit (V)(SF)(EF)(DF)	Sweet Potato Bread & Fruit (VEG)(SF)(DF)
Breakfast Allergy	Turkey Bacon w/ GF Bread & Fruit (GF)(SF)(EF)(DF)	DF Vanilla Coconut Yogurt w/ Corn Chex & Fruit (V)(GF)(SF)(EF)(DF)		Plain Rice Puffs & Fruit (V)(GF)(SF)(EF)(DF)	Sweet Potato Granola Bite & Fruit (V)(GF)(SF)(EF)(DF)
Lunch Standard	Greek Chicken & Pita (SF)(EF)(DF)	Broccoli Cheese Soup & Oyster Crackers (VEG)(SF)(EF)		Lemon Garlic Turkey Rice (GF)(SF)(EF)(DF)	Chicken Tenders & Ketchup
Lunch (GF)	Greek Chicken & GF Bread (GF)(SF)(EF)(DF)	GF&DF Broccoli Cheese Soup & GF Bread (V)(GF)(SF)(EF)(DF)			GF Chicken Tenders & Ketchup (GF)(SF)(DF)
Lunch (VEG)	Greek Tofu & Pita (V)(EF)(DF)	Broccoli Cheese Soup & Oyster Crackers (VEG)(SF)(EF)		Lemon Garlic Tofu Rice (V)(GF)(EF)(DF)	Chickpea & Polenta Veggie Nuggets (V)(GF)(SF)(EF)(DF)
Lunch (V)		GF&DF Broccoli Cheese Soup & GF Bread (V)(GF)(SF)(EF)(DF)			
Lunch Allergy	Grilled Chicken & Rice (GF)(SF)(EF)(DF)	Grilled Chicken & Rice (GF)(SF)(EF)(DF)		White Beans & Rice (V)(GF)(SF)(EF)(DF)	
PM Snack	Crispy Oat Cereal & Fruit (V)(SF)(EF)(DF)	Veggie Pizza Muffin & Fruit (VEG)(SF)		Cream Cheese Jelly Roll w/ Fruit (VEG)(SF)(EF)	Pretzels & Fruit (V)(SF)(EF)(DF)
PM Snack Toddler					Rice Chex & Fruit (V)(GF)(SF)(EF)(DF)
PM Snack Allergy	Corn Chex & Fruit (V)(GF)(SF)(EF)(DF)	Flourless Sweet Potato Muffin & Fruit (V)(GF)(SF)(EF)(DF)		GF&DF Jelly Roll Up & Fruit (V)(GF)(SF)(EF)(DF)	GF Pretzels & Fruit (V)(GF)(SF)(EF)(DF)

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DAY OF WEEK 5	Monday	Tuesday	Wednesday	Thursday	Friday
DATE	30	31			
Breakfast	Apple Cinnamon Oatmeal & Fruit (V)(GF)(SF)(EF)(DF)	Strawberry Banana Smoothie Bowl w/ Granola Crumbles & Fruit (VEG)(GF)(SF)(EF)			
Breakfast Allergy	Plain Oatmeal & Fruit (V)(GF)(SF)(EF)(DF)	DF Vanilla Coconut Yogurt w/ Corn Chex & Fruit (V)(GF)(SF)(EF)(DF)			
Lunch Standard	Grilled Cheese (VEG)(SF)(EF)	Chicken Pot Pie & Oyster Crackers (SF)(EF)			
Lunch (GF)	GF Grilled Cheese (VEG)(GF)(SF)(EF)	Chicken Pot Pie & GF Bread (GF)(SF)(EF)			
Lunch (VEG)	Grilled Cheese (VEG)(SF)(EF)	Tofu Pot Pie & Oyster Crackers (V)(EF)(DF)			
Lunch (V)	DF Grilled Cheese (V)(SF)(EF)(DF)				
Lunch Allergy	GF&DF Grilled Cheese (V)(GF)(SF)(EF)(DF)	Grilled Chicken & Rice (GF)(SF)(EF)(DF)			
PM Snack	Apple Pie Mini Rice Cakes & Fruit (VEG)(GF)(SF)(EF)	Zucchini Bread & Fruit (VEG)(SF)(DF)			
PM Snack Toddler	Plain Rice Puffs & Fruit (V)(GF)(SF)(EF)(DF)	Flourless Zucchini Carrot Muffin & Fruit (V)(GF)(SF)(EF)(DF)			
PM Snack Allergy	Sea Salt Mini Rice Cakes & Fruit (V)(GF)(SF)(EF)(DF)				

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