

**Chicago Department of Family and Support Services
Summer Food Service Program
Vegetarian Cold Lunch Menu**

MONDAY July 6, 2009	TUESDAY July 7, 2009	WEDNESDAY July 8, 2009	THURSDAY July 9, 2009	FRIDAY July 10, 2009
PEANUT BUTTER & JELLY WAFER SANDWICH Peanut Butter & Jelly Graham Bar 2 oz. Seasonal Fresh Fruit 1/2 c. 100% Fresh Fruit Juice 4 oz. Pumpkin Seeds 1 oz. 1% White Milk 1/2 pt.	AMERICAN CHEESE ON RYE BREAD American Cheese 2 oz. Light Rye Bread 1.8 oz. Seasonal Fresh Fruit 1/2 c. 100% Fresh Fruit Juice 4 oz. Mustard 5.5 gm. 1% Chocolate Milk 1/2 pt.	TORTILLAS WITH BLACK BEAN & CORN SALAD Black Bean & Corn Salad 4 oz. Tortillas 4" 2.22 oz. Strawberry Applesauce 1/2 c. Granola Trail Mix 1.5 oz. Cheese Stick 1 oz. 1% White Milk 1/2 pt.	HUMMUS WITH TORTILLAS Hummus 1/2 c. Tortillas 4" 2.22 oz. Seasonal Fresh Fruit 1/2 c. 100% Fresh Fruit Juice 4 oz. 1% Chocolate Milk 1/2 pt.	SOUTHWEST SALAD Garden Salad Blend 3 oz. Grated Cheddar Cheese 1 oz. Black Beans 1/4 c. Fresh Carrots 1.6 oz. Cornbread 62 g. Picante Sauce 1 oz. 1% White Milk 1/2 pt.
July 13, 2009	July 14, 2009	July 15, 2009	July 16, 2009	July 17, 2009
CHEDDAR CHEESE ON A KAISER ROLL WITH CHIPOTLE SAUCE Cheddar Cheese Slice 2 oz. Kaiser Roll 1.8 oz. Pears 1/2 c. 100% Fresh Fruit Juice 4 oz. Ancho Chipotle Sauce 12 gm. 1% Chocolate Milk 1/2 pt.	YOGURT & GRANOLA TRAIL MIX Yogurt 4 oz. Granola Trail Mix 1.5 oz. Seasonal Fresh Fruit 1/2 c. 100% Fresh Fruit Juice 4 oz. 1% White Milk 1/2 pt.	COBB SALAD Garden Salad Blend 3 oz. Kidney Beans 1/4 c. Grated Cheddar Cheese 1 oz. Tomato .5 oz. Seasonal Fresh Fruit 1/2 c. Wheat Dinner Roll 1.8 oz. Lite Ranch Dressing 1 oz. 1% Chocolate Milk 1/2 pt.	AMERICAN CHEESE ON WHEAT BREAD American Cheese 2 oz. Wheat Bread 1.8 oz. Seasonal Fresh Fruit 1/2 c. Fresh Carrots 1.6 oz. Fat Free Mayonnaise 12 gm. 1% White Milk 1/2 pt.	MAKE YOUR OWN CHEESE PIZZA POKETO Whole Wheat Pita Bread 42 gm. Grated Mozzarella Cheese 2 oz. Garden Salad 1/2 c. Italian Pizza Sauce 2.25 oz. Fat Free French Dressing 12 gm. 1% Chocolate Milk 1/2 pt.
July 20, 2009	July 21, 2009	July 22, 2009	July 23, 2009	July 24, 2009
YOGURT & GRANOLA TRAIL MIX Yogurt 4 oz. Granola Trail Mix 1.5 oz. Seasonal Fresh Fruit 1/2 c. 100% Fresh Fruit Juice 4 oz. 1% White Milk 1/2 pt.	PEANUT BUTTER & JELLY WAFER SANDWICH Peanut Butter & Jelly Graham Bar 2 oz. Garden Salad 1/2 c. Applesauce 1/2 c. Pumpkin Seeds 1 oz. Fat Free French Dressing 12 gm. 1% Chocolate Milk 1/2 pt.	CHEF'S CHOICE SALAD Garden Salad Blend 3 oz. American Cheese 1 oz. Tomato .5 oz. Seasonal Fresh Fruit 1/2 c. Wheat Dinner Roll 1.8 oz. Sunflower Seeds 1 oz. Lite Ranch Dressing 1 oz. 1% White Milk 1/2 pt.	AMERICAN CHEESE ON RYE BREAD American Cheese 2 oz. Light Rye Bread 1.8 oz. 100% Fresh Fruit Juice 4 oz. Cinnamon Applesauce 1/2 c. Mustard 5.5 gm. 1% Chocolate Milk 1/2 pt.	TORTILLAS WITH BLACK BEAN & CORN SALAD Black Bean & Corn Salad 4 oz. Tortillas 4" 2.22 oz. Seasonal Fresh Fruit 1/2 c. Granola Trail Mix 1.5 oz. Cheese Stick 1 oz. 1% White Milk 1/2 pt.

Packaging: Menu items, including milk, will be packed in single-serve boxes.
The single-serve boxes will be delivered in master cartons.

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MONDAY July 27, 2009	TUESDAY July 28, 2009	WEDNESDAY July 29, 2009	THURSDAY July 30, 2009	FRIDAY July 31, 2009
MAKE YOUR OWN CHEESE PIZZA POCKETO Whole Wheat Pita Bread 42 gm. Grated Mozzarella Cheese 2 oz. Seasonal Fresh Fruit 1/2 c. Italian Pizza Sauce 2.25 oz. 1% Chocolate Milk 1/2 pt.	HUMMUS WITH TORTILLAS Hummus 1/2 c. Tortillas 4" 2.22 oz Cinnamon Applesauce 1/2 c. 100% Fresh Fruit Juice 4 oz. 1% White Milk 1/2 pt.	SOUTHWEST SALAD Garden Salad Blend 3 oz. Grated Cheddar Cheese 1 oz. Black Beans 1/4 c. 100% Fresh Fruit Juice 4 oz. Cornbread 62 g. Picante Sauce 1 oz. 1% Chocolate Milk 1/2 pt.	CHEDDAR CHEESE ON A KAISER ROLL WITH CHIPOTLE SAUCE Cheddar Cheese Slice 2 oz. Kaiser Roll 1.8 oz. Seasonal Fresh Fruit 1/2 c. Fresh Carrots 1.6 oz. Ancho Chipotle Sauce 12 gm. 1% White Milk 1/2 pt.	CHEF'S CHOICE SALAD Garden Salad Blend 3 oz. American Cheese 1 oz. Tomato .5 oz Seasonal Fresh Fruit 1/2 c. Wheat Dinner Roll 1.8 oz. Sunflower Seeds 1 oz. Lite Ranch Dressing 1 oz. 1% Chocolate Milk 1/2 pt.

August 3, 2009	August 4, 2009	August 5, 2009	August 6, 2009	August 7, 2009
AMERICAN CHEESE ON WHEAT BREAD American Cheese 2 oz. Wheat Bread 1.8 oz. Strawberry Applesauce 1/2 c. 100% Fresh Fruit Juice 4 oz. Fat Free Mayonnaise 12 gm. 1% White Milk 1/2 pt.	COBB SALAD Garden Salad Blend 3 oz. Kidney Beans 1/4 c. Grated Cheddar Cheese 1 oz. Tomato .5 oz Pears 1/2 c. Wheat Dinner Roll 1.8 oz. Lite Ranch Dressing 1 oz. 1% Chocolate Milk 1/2 pt.	YOGURT & GRANOLA TRAIL MIX Yogurt 4 oz. Granola Trail Mix 1.5 oz. Seasonal Fresh Fruit 1/2 c. 100% Fresh Fruit Juice 4 oz. 1% White Milk 1/2 pt.	CHEF'S CHOICE SALAD Garden Salad Blend 3 oz. American Cheese 1 oz. Tomato .5 oz Seasonal Fresh Fruit 1/2 c. Wheat Dinner Roll 1.8 oz. Sunflower Seeds 1 oz. Lite Ranch Dressing 1 oz. 1% Chocolate Milk 1/2 pt.	PEANUT BUTTER & JELLY WAFER SANDWICH Peanut Butter & Jelly Graham Bar 2 oz. Garden Salad 1/2 c. Seasonal Fresh Fruit 1/2 c. Pumpkin Seeds 1 oz. Fat Free French Dressing 12 gm. 1% White Milk 1/2 pt.

August 10, 2009	August 11, 2009	August 12, 2009	August 13, 2009	August 14, 2009
AMERICAN CHEESE ON RYE BREAD American Cheese 2 oz. Light Rye Bread 1.8 oz. 100% Fresh Fruit Juice 4 oz. Peaches 1/2 c. Mustard 5.5 gm. 1% Chocolate Milk 1/2 pt.	TORTILLAS WITH BLACK BEAN & CORN SALAD Black Bean & Corn Salad 4 oz. Tortillas 4" 2.22 oz. Seasonal Fresh Fruit 1/2 c. Granola Trail Mix 1.5 oz. Cheese Stick 1 oz. 1% White Milk 1/2 pt.	MAKE YOUR OWN CHEESE PIZZA POCKETO Whole Wheat Pita Bread 42 gm. Grated Mozzarella Cheese 2 oz. Seasonal Fresh Fruit 1/2 c. Italian Pizza Sauce 2.25 oz. 1% Chocolate Milk 1/2 pt.	HUMMUS WITH TORTILLAS Hummus 1/2 c. Tortillas 4" 2.22 oz Cinnamon Applesauce 1/2 c. 100% Fresh Fruit Juice 4 oz. 1% White Milk 1/2 pt.	SOUTHWEST SALAD Garden Salad Blend 3 oz. Grated Cheddar Cheese 1 oz. Black Beans 1/4 c. Fresh Carrots 1.6 oz. Cornbread 62 g. Picante Sauce 1 oz. 1% Chocolate Milk 1/2 pt.

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MONDAY August 17, 2009	TUESDAY August 18, 2009	WEDNESDAY August 19, 2009	THURSDAY August 20, 2009	FRIDAY August 21, 2009
PEANUT BUTTER & JELLY WAFER SANDWICH Peanut Butter & Jelly Graham Bar 2 oz. Seasonal Fresh Fruit 1/2 c. 100% Fresh Fruit Juice 4 oz. Pumpkin Seeds 1 oz. 1% White Milk 1/2 pt.	COBB SALAD Garden Salad Blend 3 oz. Kidney Beans 1/4 c. Grated Cheddar Cheese 1 oz. Tomato .5 oz. Pears 1/2 c. Wheat Dinner Roll 1.8 oz. Lite Ranch Dressing 1 oz. 1% Chocolate Milk 1/2 pt.	AMERICAN CHEESE ON WHEAT BREAD American Cheese 2 oz. Wheat Bread 1.8 oz. Seasonal Fruit 1/2 c. 100% Fresh Fruit Juice 4 oz. Fat Free Mayonnaise 12 gm. 1% White Milk 1/2 pt.	CHEDDAR CHEESE ON A KAISER ROLL WITH CHIPOTLE SAUCE Cheddar Cheese Slice 2 oz. Kaiser Roll 1.8 oz. Seasonal Fresh Fruit 1/2 c. Fresh Carrots 1.6 oz. Ancho Chipotle Sauce 12 gm. 1% Chocolate Milk 1/2 pt.	YOGURT & GRANOLA TRAIL MIX Yogurt 4 oz. Granola Trail Mix 1.5 oz. Seasonal Fresh Fruit 1/2 c. 100% Fresh Fruit Juice 4 oz. 1% White Milk 1/2 pt.
August 24, 2009	August 25, 2009	August 26, 2009	August 27, 2009	August 28, 2009
MAKE YOUR OWN CHEESE PIZZA POKETO Whole Wheat Pita Bread 42 gm. Grated Mozzarella Cheese 2 oz. Applesauce 1/2 c. Italian Pizza Sauce 2.25 oz. 1% Chocolate Milk 1/2 pt.	AMERICAN CHEESE ON RYE BREAD American Cheese 2 oz. Light Rye Bread 1.8 oz. Seasonal Fresh Fruit 1/2 c. 100% Fresh Fruit Juice 4 oz. Mustard 5.5 gm. 1% White Milk 1/2 pt.	TORTILLAS WITH BLACK BEAN & CORN SALAD Black Bean & Corn Salad 4 oz. Tortillas 4" 2.22 oz. Seasonal Fresh Fruit 1/2 c. Granola Trail Mix 1.5 oz. Cheese Stick 1 oz. 1% Chocolate Milk 1/2 pt.	PEANUT BUTTER & JELLY WAFER SANDWICH Peanut Butter & Jelly Graham Bar 2 oz. Garden Salad 1/2 c. Seasonal Fresh Fruit 1/2 c. Pumpkin Seeds 1 oz. Fat Free French Dressing 12 gm. 1% White Milk 1/2 pt.	SOUTHWEST SALAD Garden Salad Blend 3 oz. Grated Cheddar Cheese 1 oz. Black Beans 1/4 c. Fresh Carrots 1.6 oz. Cornbread 62 g. Picante Sauce 1 oz. 1% Chocolate Milk 1/2 pt.
August 31, 2009	September 1, 2009	September 2, 2009	September 3, 2009	September 4, 2009
AMERICAN CHEESE ON RYE BREAD American Cheese 2 oz. Light Rye Bread 1.8 oz. Seasonal Fresh Fruit 1/2 c. 100% Fresh Fruit Juice 4 oz. Mustard 5.5 gm. 1% White Milk 1/2 pt.	CHEF'S CHOICE SALAD Garden Salad Blend 3 oz. American Cheese 1 oz. Tomato .5 oz. Seasonal Fresh Fruit 1/2 c. Wheat Dinner Roll 1.8 oz. Sunflower Seeds 1 oz. Lite Ranch Dressing 1 oz. 1% Chocolate Milk 1/2 pt.	HUMMUS WITH TORTILLAS Hummus 1/2 c. Tortillas 4" 2.22 oz. Strawberry Applesauce 1/2 c. 100% Fresh Fruit Juice 4 oz. 1% White Milk 1/2 pt.	YOGURT & GRANOLA TRAIL MIX Yogurt 4 oz. Granola Trail Mix 1.5 oz. Seasonal Fresh Fruit 1/2 c. 100% Fresh Fruit Juice 4 oz. 1% Chocolate Milk 1/2 pt.	CHEDDAR CHEESE ON A KAISER ROLL WITH CHIPOTLE SAUCE Cheddar Cheese Slice 2 oz. Kaiser Roll 1.8 oz. Seasonal Fresh Fruit 1/2 c. Fresh Carrots 1.6 oz. Ancho Chipotle Sauce 12 gm. 1% White Milk 1/2 pt.

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