



**January 2025** | Chicago Jesuit Academy | **Lunch Menu** | **CJA K-8 Hot Lunch 24/25**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>30</b></p> <p>Week 2 Day 1</p> <p><b>MAIN ENTREE</b></p> <p>WG Chicken Patty 15 g Carb</p> <p><b>GRAIN</b></p> <p>WG Hamburger Bun 26 g Carb</p> <p><b>VEGETABLE</b></p> <p>Baby Carrots 5 g Carb</p> <p>Three Bean Salad 13 g Carb</p> <p><b>FRUIT</b></p> <p>Orange Slices</p>	<p><b>31</b></p> <p>Week 2 Day 2</p> <p><b>GRAIN</b></p> <p>WG Penne Pasta 27 g Carb</p> <p><b>VEGETABLE</b></p> <p>Garlic Green Beans 8 g Carb</p> <p>Cherry Tomatoes 1 g Carb</p> <p><b>FRUIT</b></p> <p>Pears Slices 14 g Carb</p> <p><b>MILK</b></p> <p>1% Milk</p>	<p><b>1</b></p> <p>Week 2 Day 3</p> <p><b>MAIN ENTREE</b></p> <p>BBQ Chicken Drumsticks 7 g Carb</p> <p><b>GRAIN</b></p> <p>Cornbread 37 g Carb</p> <p><b>VEGETABLE</b></p> <p>Broccoli Florets 3 g Carb</p> <p>Black Beans 9 g Carb</p> <p><b>FRUIT</b></p> <p>Applesauce</p>	<p><b>2</b></p> <p>Week 2 Day 4</p> <p><b>MAIN ENTREE</b></p> <p>Turkey Chili 12 g Carb</p> <p><b>GRAIN</b></p> <p>WG Garlic Herb Breadstick 12 g Carb</p> <p><b>VEGETABLE</b></p> <p>Roasted Potatoes 9 g Carb</p> <p>Cucumber Slices 1 g Carb</p> <p><b>FRUIT</b></p> <p>Honeydew</p>	<p><b>3</b></p> <p>Week 2 Day 5</p> <p><b>MAIN ENTREE</b></p> <p>Cajun Red Beans and Rice 33 g Carb</p> <p><b>VEGETABLE</b></p> <p>Peas &amp; Carrots 7 g Carb</p> <p>Coleslaw DF/GF/EF 5 g Carb</p> <p><b>FRUIT</b></p> <p>Fruit Salad CP 8 g Carb</p> <p><b>MILK</b></p> <p>1% Milk</p>

9 g Carb

**MILK**

1% Milk  
13 g Carb

Skim Milk  
12 g Carb

**CONDIMENTS**

Ketchup Packet  
2 g Carb

13 g Carb

Skim Milk  
12 g Carb

**CONDIMENTS**

Shredded Mozzarella  
Cheese  
2 g Carb

**SAUCE**

Tomato Cream Sauce  
8 g Carb

14 g Carb

**MILK**

1% Milk  
13 g Carb

Skim Milk  
12 g Carb

6 g Carb

**MILK**

1% Milk  
13 g Carb

Skim Milk  
12 g Carb

**CONDIMENTS**

Shredded Cheddar  
Cheese  
0 g Carb

13 g Carb

Skim Milk  
12 g Carb

<p><b>6</b></p> <p>Week 3 Day 1</p> <p><b>MAIN ENTREE</b></p> <p>WG Chicken Patty 15 g Carb</p> <p><b>GRAIN</b></p> <p>WG Hamburger Bun 26 g Carb</p> <p><b>VEGETABLE</b></p> <p>Green Beans 6 g Carb</p> <p>Chickpeas 10 g Carb</p> <p><b>FRUIT</b></p> <p>Orange Slices 9 g Carb</p>	<p><b>7</b></p> <p>Week 3 Day 2</p> <p><b>GRAIN</b></p> <p>WG Penne Pasta 27 g Carb</p> <p><b>VEGETABLE</b></p> <p>Baby Carrots 5 g Carb</p> <p>Cucumber Slices 1 g Carb</p> <p><b>FRUIT</b></p> <p>Pears Slices 14 g Carb</p> <p><b>MILK</b></p> <p>1% Milk 13 g Carb</p>	<p><b>8</b></p> <p>Week 3 Day 3</p> <p><b>MAIN ENTREE</b></p> <p>5-Spice Ground Turkey 0 g Carb</p> <p><b>GRAIN</b></p> <p>Brown Rice 32 g Carb</p> <p><b>VEGETABLE</b></p> <p>Broccoli Florets 2 g Carb</p> <p>Squash Medley 2 g Carb</p> <p><b>FRUIT</b></p> <p>Applesauce 14 g Carb</p>	<p><b>9</b></p> <p>Week 3 Day 4</p> <p><b>MAIN ENTREE</b></p> <p>Chicken Tinga 2 g Carb</p> <p><b>GRAIN</b></p> <p>Tortilla WG 6" 15 g Carb</p> <p><b>VEGETABLE</b></p> <p>Sweet Corn 17 g Carb</p> <p>Black Beans 19 g Carb</p> <p><b>FRUIT</b></p> <p>Appleberry Sauce 13 g Carb</p>	<p><b>10</b></p> <p>Week 3 Day 5</p> <p><b>MAIN ENTREE</b></p> <p>WG Chicken Nuggets 16 g Carb</p> <p><b>GRAIN</b></p> <p>WG Bread Slice 13 g Carb</p> <p><b>VEGETABLE</b></p> <p>Broccoli Florets 3 g Carb</p> <p>Cherry Tomatoes 1 g Carb</p> <p><b>FRUIT</b></p> <p>Cantaloupe 7 g Carb</p>

**MILK**

1% Milk  
13 g Carb

Skim Milk  
12 g Carb

Skim Milk  
12 g Carb

**CONDIMENTS**

Shredded Mozzarella  
Cheese  
2 g Carb

**SAUCE**

Marinara Sauce  
8 g Carb

**MILK**

1% Milk  
13 g Carb

Skim Milk  
12 g Carb

**CONDIMENTS**

(not so) Fried Rice  
Sauce  
2 g Carb

**MILK**

1% Milk  
13 g Carb

Skim Milk  
12 g Carb

**MILK**

1% Milk  
13 g Carb

Skim Milk  
12 g Carb

<p><b>13</b></p> <p>Week 4 Day 1</p> <p><b>MAIN ENTREE</b></p> <p>Beef Burger w/ American Cheese 1 g Carb</p> <p><b>GRAIN</b></p> <p>WG Hamburger Bun 26 g Carb</p> <p><b>VEGETABLE</b></p> <p>Baby Carrots 5 g Carb</p> <p>Pickle Chips 0 g Carb</p> <p><b>FRUIT</b></p> <p>Orange Slices 9 g Carb</p>	<p><b>14</b></p> <p>Week 4 Day 2</p> <p><b>MAIN ENTREE</b></p> <p>Kung Pao Chicken 3 g Carb</p> <p><b>GRAIN</b></p> <p>(Not-so)Fried Rice 46 g Carb</p> <p><b>VEGETABLE</b></p> <p>Peas 9 g Carb</p> <p>Edamame 3 g Carb</p> <p><b>FRUIT</b></p> <p>Pears Slices 14 g Carb</p>	<p><b>15</b></p> <p>Week 4 Day 3</p> <p><b>MAIN ENTREE</b></p> <p>Homemade Cheese Sauce 5 g Carb</p> <p><b>GRAIN</b></p> <p>WG Elbow Noodles 25 g Carb</p> <p><b>VEGETABLE</b></p> <p>Cherry Tomatoes 1 g Carb</p> <p>Green Beans 6 g Carb</p> <p><b>FRUIT</b></p> <p>Apple Slices 12 g Carb</p>	<p><b>16</b></p> <p>Week 4 Day 4</p> <p><b>MAIN ENTREE</b></p> <p>Green Pozole w/ Chicken 15 g Carb</p> <p><b>GRAIN</b></p> <p>Tortilla Chips 16 g Carb</p> <p><b>VEGETABLE</b></p> <p>Cabbage 2 g Carb</p> <p>Three Bean Salad 13 g Carb</p> <p><b>FRUIT</b></p> <p>Cantaloupe 7 g Carb</p>	<p><b>17</b></p> <p>Week 4 Day 5</p> <p><b>MAIN ENTREE</b></p> <p>Garlic Herb Cheese Pizza 29 g Carb</p> <p><b>VEGETABLE</b></p> <p>Broccoli Florets 3 g Carb</p> <p>Celery Sticks 1 g Carb</p> <p><b>FRUIT</b></p> <p>Fruit salad HP 7 g Carb</p> <p><b>MILK</b></p> <p>1% Milk 13 g Carb</p> <p>Skim Milk</p>

**MILK**

1% Milk  
13 g Carb

Skim Milk  
12 g Carb

**CONDIMENTS**

Ketchup Packet  
2 g Carb

Mustard Packet  
0 g Carb

**MILK**

1% Milk  
13 g Carb

Skim Milk  
12 g Carb

**MILK**

1% Milk  
13 g Carb

Skim Milk  
12 g Carb

**MILK**

1% Milk  
13 g Carb

Skim Milk  
12 g Carb

**CONDIMENTS**

Lime  
2 g Carb

12 g Carb

<p><b>20</b></p> <p>Week 1 Day 1</p> <p><b>MAIN ENTREE</b></p> <p>Fajita Chicken Breast 3 g Carb</p> <p><b>GRAIN</b></p> <p>Spanish Rice 25 g Carb</p> <p><b>VEGETABLE</b></p> <p>Baby Carrots 5 g Carb</p> <p>Black Beans 9 g Carb</p> <p><b>FRUIT</b></p> <p>Applesauce 14 g Carb</p>	<p><b>21</b></p> <p>Week 1 Day 2</p> <p><b>MAIN ENTREE</b></p> <p>Beef Hot Dog 1 g Carb</p> <p><b>GRAIN</b></p> <p>WG Hot Dog Bun 27 g Carb</p> <p><b>VEGETABLE</b></p> <p>Pickle Chips 0 g Carb</p> <p>Corn Salad 15 g Carb</p> <p><b>FRUIT</b></p> <p>Appleberry Sauce 13 g Carb</p>	<p><b>22</b></p> <p>Week 1 Day 3</p> <p><b>GRAIN</b></p> <p>WG Rotini 27 g Carb</p> <p><b>VEGETABLE</b></p> <p>Broccoli Florets 3 g Carb</p> <p>Cherry Tomatoes 1 g Carb</p> <p><b>FRUIT</b></p> <p>Pears Slices 14 g Carb</p> <p><b>MILK</b></p> <p>1% Milk 13 g Carb</p> <p>Skim Milk</p>	<p><b>23</b></p> <p>Week 1 Day 4</p> <p><b>MAIN ENTREE</b></p> <p>Red Pozole w/ Chicken 10 g Carb</p> <p><b>GRAIN</b></p> <p>Tortilla Chips 16 g Carb</p> <p><b>VEGETABLE</b></p> <p>Cabbage 2 g Carb</p> <p>Chickpeas 11 g Carb</p> <p><b>FRUIT</b></p> <p>Cantaloupe 7 g Carb</p>	<p><b>24</b></p> <p>Week 1 Day 5</p> <p><b>MAIN ENTREE</b></p> <p>WG Chicken Nuggets 16 g Carb</p> <p><b>GRAIN</b></p> <p>WG Bread Slice 13 g Carb</p> <p><b>VEGETABLE</b></p> <p>Cucumber Slices 1 g Carb</p> <p>Mashed Potatoes 20 g Carb</p> <p><b>FRUIT</b></p> <p>Fruit salad HP 7 g Carb</p>

**MILK**

1% Milk  
13 g Carb  
  
Skim Milk  
12 g Carb

**MILK**

1% Milk  
13 g Carb  
  
Skim Milk  
12 g Carb

**CONDIMENTS**

Ketchup Packet  
2 g Carb  
  
Mustard Packet  
0 g Carb

12 g Carb

**CONDIMENTS**

Shredded Mozzarella  
Cheese  
2 g Carb

**SAUCE**

Tomato Cream Sauce  
8 g Carb

**MILK**

1% Milk  
13 g Carb  
  
Skim Milk  
12 g Carb

**CONDIMENTS**

Lime  
2 g Carb

**MILK**

1% Milk  
13 g Carb  
  
Skim Milk  
12 g Carb

**CONDIMENTS**

Ketchup Packet  
2 g Carb



<p><b>27</b></p> <p>Week 2 Day 1</p> <p><b>MAIN ENTREE</b></p> <p>WG Chicken Patty 15 g Carb</p> <p><b>GRAIN</b></p> <p>WG Hamburger Bun 26 g Carb</p> <p><b>VEGETABLE</b></p> <p>Baby Carrots 5 g Carb</p> <p>Three Bean Salad 13 g Carb</p> <p><b>FRUIT</b></p> <p>Orange Slices 9 g Carb</p>	<p><b>28</b></p> <p>Week 2 Day 2</p> <p><b>GRAIN</b></p> <p>WG Penne Pasta 27 g Carb</p> <p><b>VEGETABLE</b></p> <p>Garlic Green Beans 8 g Carb</p> <p>Cherry Tomatoes 1 g Carb</p> <p><b>FRUIT</b></p> <p>Pears Slices 14 g Carb</p> <p><b>MILK</b></p> <p>1% Milk 13 g Carb</p> <p>Skim Milk</p>	<p><b>29</b></p> <p>Week 2 Day 3</p> <p><b>MAIN ENTREE</b></p> <p>BBQ Chicken Drumsticks 7 g Carb</p> <p><b>GRAIN</b></p> <p>Cornbread 37 g Carb</p> <p><b>VEGETABLE</b></p> <p>Collard Greens 6 g Carb</p> <p>Black Beans 9 g Carb</p> <p><b>FRUIT</b></p> <p>Applesauce 14 g Carb</p>	<p><b>30</b></p> <p>Week 2 Day 4</p> <p><b>MAIN ENTREE</b></p> <p>Turkey Chili 12 g Carb</p> <p><b>GRAIN</b></p> <p>WG Garlic Herb Breadstick 12 g Carb</p> <p><b>VEGETABLE</b></p> <p>Roasted Potatoes 9 g Carb</p> <p>Cucumber Slices 1 g Carb</p> <p><b>FRUIT</b></p> <p>Honeydew 6 g Carb</p>	<p><b>31</b></p> <p>Week 2 Day 5</p> <p><b>MAIN ENTREE</b></p> <p>Cajun Red Beans and Rice 33 g Carb</p> <p><b>VEGETABLE</b></p> <p>Peas &amp; Carrots 7 g Carb</p> <p>Coleslaw DF/GF/EF 5 g Carb</p> <p><b>FRUIT</b></p> <p>Fruit Salad CP 8 g Carb</p> <p><b>MILK</b></p> <p>1% Milk 13 g Carb</p>

**MILK**

1% Milk  
13 g Carb

Skim Milk  
12 g Carb

**CONDIMENTS**

Ketchup Packet  
2 g Carb

12 g Carb

**CONDIMENTS**

Shredded Mozzarella  
Cheese  
2 g Carb

**SAUCE**

Tomato Cream Sauce  
8 g Carb

**MILK**

1% Milk  
13 g Carb

Skim Milk  
12 g Carb

**MILK**

1% Milk  
13 g Carb

Skim Milk  
12 g Carb

**CONDIMENTS**

Shredded Cheddar  
Cheese  
0 g Carb

Skim Milk  
12 g Carb

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