

## Secondary School Classroom Menu SY 2020 -21

### BREAKFAST

**CHOOSE TWO OF THESE:**


Assorted Cereals (20-28g)    Sweet Potato Swirl Roll (33g)  
 Cheese Stick (1g)                    Muffins (26-29g)  
 Graham Cracker (19g)            Yogurt (14g)  
 1% low fat white milk (12g) or fat-free chocolate milk (22g)

**Must choose juice or fruit with breakfast.**

### LUNCH

Entrée – choose 1	Cohort A Monday 3/29	Cohort A Tuesday 3/30	Wed 3/31	Cohort B Thursday 4/1	Cohort B Friday 4/2
	**Four Cheese Pizza (35g)	Chili Cheese Dog Bun (26g)		NO CLASSES AT SCHOOL Pick up 5-day meal pack at a Fuel Up site.	NO CLASSES AT SCHOOL
<u>COLD ENTRÉE</u> Turkey & Cheese Sub (29g)	<u>COLD ENTRÉE</u> **2 Yogurts (28g) & 2 Muffins (56-58g)				
Vegetable and Fruit	Vegetable and Fruit				

**WEEK 1**

	Cohort A Monday 4/5	Cohort A Tuesday 4/6	Wed 4/7	Cohort B Thursday 4/8	Cohort B Friday 4/9
	NO SCHOOL SPRING BREAK	NO SCHOOL SPRING BREAK		NO SCHOOL SPRING BREAK	NO SCHOOL SPRING BREAK

**WEEK 2**

A choice of 1% low fat white milk (12g) or fat-free chocolate milk (22g) offered for school lunch. A complete meal is free for all students under the Community Eligibility Provision. Grams of carbohydrate in each food listed in parenthesis (g). Nutrient content and ingredients are available online: [CCS.OH.US](http://CCS.OH.US)>Food Services and Menus>Itemized Food List. \*\*Meatless food item is available at lunch daily. No pork, nut or seafood offered. Menu subject to change. This institution is an equal opportunity provider, employer, and lender. Revised 3/23/2021

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### BREAKFAST

**CHOOSE TWO OF THESE:**

Assorted Cereals (20-28g)    Sweet Potato Swirl Roll (33g)  
 Cheese Stick (1g)                      Muffins (26-29g)  
 Graham Cracker (19g)              Yogurt (14g)  
 1% low fat white milk (12g) or fat-free chocolate milk (22g)

**Must choose juice or fruit with breakfast.**

### LUNCH

	Cohort A Monday 4/12	Cohort A Tuesday 4/13		Cohort B Thursday 4/15	Cohort B Friday 4/16
<b>Entrée – choose 1</b>	Beef Chili with Bean (16g) and Cornbread (35g)	Hamburger on Bun (26g)	<b>Wed 4/14</b>  <b>NO CLASSES AT SCHOOL</b> <b>Pick up 5-day meal pack at a Fuel Up site.</b>	Beef Chili with Bean (16g) and Cornbread (35g)	Hamburger on Bun (26g)
	<b>COLD ENTREE</b> **Sun Butter Grab-n-Go (71g)	<b>COLD ENTREE</b> **Cheese (0-2g) + 2 Muffins (56-58g)		<b>COLD ENTREE</b> **Sun Butter Grab-n-Go (71g)	<b>COLD ENTREE</b> **Cheese (0-2g) + 2 Muffins (56-58g)
Vegetable and Fruit	Vegetable and Fruit	Vegetable and Fruit			

**WEEK 3**

	Cohort A Monday 4/19	Cohort A Tuesday 4/20		Cohort B Thursday 4/22	Cohort B Friday 4/23
<b>Entrée – choose 1</b>	Turkey/Gravy (2g) and Potato (18g) & Cornbread (35g)	Taco Salad (29g) and Cornbread (35g)	<b>Wed 4/21</b>  <b>NO CLASSES AT SCHOOL</b> <b>Pick up 5-day meal pack at a Fuel Up site.</b>	Turkey/Gravy (2g) and Potato (18g) & Cornbread (35g)	Taco Salad (29g) and Cornbread (35g)
	<b>COLD ENTREE</b> **WOW Soy Butter and Jelly Sandwich (55g)	<b>COLD ENTREE</b> **Veg Out Sub (39g)		<b>COLD ENTREE</b> **WOW Soy Butter and Jelly Sandwich (55g)	<b>COLD ENTREE</b> **Veg Out Sub (39g)
Vegetable and Fruit	Vegetable and Fruit	Vegetable and Fruit			

**WEEK 4**

A choice of 1% low fat white milk (12g) or fat-free chocolate milk (22g) offered for school lunch. A complete meal is free for all students under the Community Eligibility Provision. Grams of carbohydrate in each food listed in parenthesis (g). Nutrient content and ingredients are available online: [CCS.OH.US](https://ccs.oh.us)>Food Services and Menus>Itemized Food List. \*\*Meatless food item is available at lunch daily. No pork, nut or seafood offered. Menu subject to change. This institution is an equal opportunity provider, employer, and lender. Revised 3/23/2021