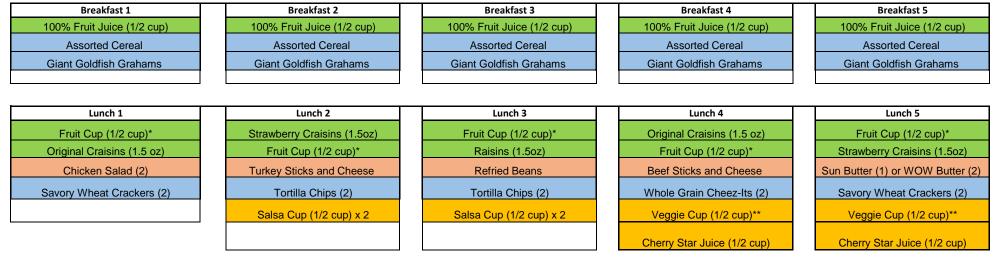


CCS 5-Day Remote Learning Menu SY 2020-21



*Applesauce, peaches or pears

**Carrots, corn , green beans , peas

USDA Food Component	Student Breakfast Amounts	Student Lunch Amounts
Fruit	minimum 1/2 cup	1 cup
Vegetable	not provided	1 cup equivalent
Grain	2 oz. equivalent	2 oz. equivalent
Meat/Meat Alternative	optional with grain	2 oz. equivalent

Revised 1/4/2021

All items are shelf stable and require no refrigeration except for optional milk. Pork, seafood, and nut-containing products are not offered. Menu is subject to change.

This institution is an equal opportunity provider, employer, and lender.

