

## CCS 5-Day Remote Learning Menu SY 2020-21

Breakfast 1	Breakfast 2	Breakfast 3	Breakfast 4		Breakfast 5
1/2 cup 100% Juice		1/2 cup 100% Juice			
Apple Jacks or Froot Loops		Apple Jacks or Froot Loops			
Giant Goldfish Grahams	Giant Goldfish Grahams	Giant Goldfish Grahams	Giant Goldfish Grahams	•	Giant Goldfish Grahams

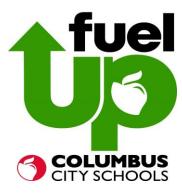
Lunch 1	Lunch 2	Lunch 3	Lunch 4	Lunch 5
Fruit Cup (1/2 cup)*	Fruit Cup (1/2 cup)*	Fruit Cup (1/2 cup)*	Fruit Cup (1/2 cup)*	Fruit Cup (1/2 cup)*
Chicken Salad (2)	Turkey Sticks and Cheese Cup	Refried Beans	Beef Sticks and Cheese Cup	WOW Soy Butter (2)
Whole Grain Cheez-its (2)	Pretzels (2)	Tortilla Chips (2)	Whole Grain Cheez-its (2)	Pretzels (2)
Mashed Potatoes 1 cup	Veggie Cup (1/2 cup)**	Veggie Cup (1/2 cup)**	Veggie Cup (1/2 cup)**	Veggie Cup (1/2 cup)**

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

Revised 4/12/2021

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.



<sup>\*</sup>Applesauce, peaches or pears \*\*Carrots, corn , green beans , peas