

## CCS 5-Day Remote Learning Menu 2020

Breakfast 1	
100% Juice Box (14-15 g)	
Apple Jacks Cereal (24g)	
Blueberry Nutrigrain Bar (25g)	
8 oz. white 1% milk (12g)	

Breakfast 2	
100% Juice Box (14-15 g)	
Froot Loops Cereal (24g)	
Whole Grain Cheez-Its (14g)	
8 oz. white 1% milk (12g)	

Breakfast 3	
100% Juice Box (14-15 g)	
Apple Jacks or Froot Loops Cereal (24g)	
Strawberry Nutrigrain Bar (25g)	
8 oz. white 1% milk (12g)	

Breakfast 4	
100% Juice Box (14-15 g)	
Apple Jacks Cereal (24g)	
Whole Grain Cheez-Its (1oz)	
8 oz. white 1% milk (12g)	

Breakfast 5	
100% Juice Box (14-15 g)	
Froot Loops Cereal (24g)	
Apple Nutrigrain Bar (25g)	
8 oz. white 1% milk (12g)	

Lunch 1
100% Juice Box (14-15 g)
Fruit Cup (1/2 cup)*
Mozzarella Cheese Plank (2g)
Tortilla Chips (25g)
Salsa 3oz (5g)
Veggie Cup (1/2 cup)**
8 oz. white 1% milk (12g)

Lunch 2
100% Juice Box (14-15 g)
Fruit Cup (1/2 cup)*
Turkey and Cheese Stick (1g)
Protein Granola (24g)
Elf Graham Crackers (21g)
Veggie Cup (1/2 cup)
Veggie Cup (1/2 cup)
8 oz. white 1% milk (12g)

Lunch 3	
100% Juice Box (14-15 g)	
Fruit Cup (1/2 cup)*	
WOW Soy Butter (16g)	
Savory Wheat Crackers (30g)	
Veggie Cup (1/2 cup)	
Veggie Cup (1/2 cup)	
8 oz. white 1% milk (12g)	

Lunch 4
100% Juice Box (14-15 g)
Fruit Cup (1/2 cup)*
Beef and Cheese Stick (1g)
Protein Granola (24g)
Scooby Graham Crackers (21g)
Veggie Cup (1/2 cup)
Veggie Cup (1/2 cup)
8 oz. white 1% milk (12g)
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Lunch 5
100% Juice Box (14-15 g)
Fruit Cup (1/2 cup)*
Cheddar Cheese Plank (2g)
Tortilla Chips (25g)
Salsa 3oz (5g)
Veggie Cup (1/2 cup)
8 oz. white 1% milk (12g)

<sup>\*\*</sup>Carrots (3g), Corn (6g), Green Beans (2g), Peas (8g) or Peas and Carrots (7g)

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
Milk	8 oz.	8 oz.

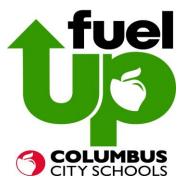
All items are shelf stable and require no refrigeration except for milk.

Grams of carbohydrate for each food are listed as (g).

Pork, seafood, and nut-containing products are not offered.

Menu is subject to change.

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



Revised 9/16/2020

<sup>\*</sup>Applesauce (14g), Peaches (17g), or Pears (18g)