



CCS 5-Day Remote Learning Menu SY 2020-21

Breakfast 1	Breakfast 2	Breakfast 3	Breakfast 4	Breakfast 5
100% Fruit Juice (1/2 cup)	100% Fruit Juice (1/2 cup)	100% Fruit Juice (1/2 cup)	100% Fruit Juice (1/2 cup)	100% Fruit Juice (1/2 cup)
Assorted Cereal	Assorted Cereal	Assorted Cereal	Assorted Cereal	Assorted Cereal
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)*	Strawberry Craisins (1.5oz)	Fruit Cup (1/2 cup)*	Original Craisins (1.5 oz)	Fruit Cup (1/2 cup)*
Original Craisins (1.5 oz)	Fruit Cup (1/2 cup)*	Raisins (1.5oz)	Fruit Cup (1/2 cup)*	Strawberry Craisins (1.5oz)
Chicken Salad (2)	Turkey Sticks and Cheese	Refried Beans	Beef Sticks and Cheese	Sun Butter (1) or WOW Butter (2)
Savory Wheat Crackers (2)	Tortilla Chips (2)	Tortilla Chips (2)	Whole Grain Cheez-Its (2)	Savory Wheat Crackers (2)
	Salsa Cup (1/2 cup) x 2	Salsa Cup (1/2 cup) x 2	Veggie Cup (1/2 cup)**	Veggie Cup (1/2 cup)**
			Cherry Star Juice (1/2 cup)	Cherry Star Juice (1/2 cup)

\*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.

