



Schools with Grades 6-8 Menu November/December 2019 Winter Break: December 23 – January 3

Lunch

	Monday 11/25	Tuesday 11/26 	Lean & Green	Wed 11/27	Thursday 11/28	Friday 11/29
Entrée – choose 1	*Philly Steak & Cheese Sub (34g) *Fiestada Pizza (43g) *Turkey Sausage & French Toast Sticks (58g)	*Turkey/Gravy (3g) **Macaroni-n-Cheese (25g) & Cornbread (29g) *Chicken Patty on Bun (34g)				
	COLD ENTREES	COLD ENTREES		NO SCHOOL	NO SCHOOL	NO SCHOOL
Choose 1 or more	**Yogurt Parfait (72-91g) & Muffin (26-29g)	*Turkey & Cheese Wrap (34g)				
	*Corn (17g)	*Mashed Potatoes/Gravy (23g) *Collard Greens (4g)				

WEEK 3

	Monday 12/2	Tuesday 12/3	Lean & Green	Wed 12/4	Thursday 12/5	Friday 12/6
Entrée – choose 1	*Cheeseburger on Bun (27g) *Pepperoni Pizza (44g) *Sloppy Joe on Bun (36g)	*Chicken Boneless Wings (15g) & Breadstick (17g) *BBQ Beef Rib Sub (40g) **Cheese Stuffed Breadsticks with Spaghetti Sauce (48g)		**Cheese Pizza (35g) **3 Bean Chili (19g) & 2 Cornbread (58g) **Veggie Power Burger on Bun with BBQ (44g) or with Cheese (40g)	**Cheese & Bean Burrito (40g) *Chicken Drumstick & Waffle (34g) *Spaghetti with Meat Sauce (33g) & Breadstick (17g)	*Hamburger on Bun (26g) **Veggie Pizza (49g) or Cheese Pizza (44g) *Chicken Fajita (39g)
	COLD ENTREES	COLD ENTREES		COLD ENTREES	COLD ENTREES	COLD ENTREES
Choose 1 or more	**Yogurt Parfait (72-91g) & Muffin (26-29g)	* Turkey & Cheese Sub (29g)		**Yogurt, Cheese Stick, Craisins (42-43g) & Grahams (38g)	*Cobb Salad (12g) & Breadstick (17g)	*Crispy Chicken Salad (27g) & Breadstick (17g)
	*Steamed Cabbage (3g) **Black beans (22g)	*Potato of Choice (14-24g) *Green Beans (5g)		*Corn (17g) *Hot Peach Slices (28g)	*Steamed Broccoli (2g)	*Italian Mixed Vegetables – (5g) zucchini, carrot, cauliflower, Italian green bean & lima bean

WEEK 4

QR Code for CCS Food Services Student Survey




A selection of fruits & vegetables (such as fresh lettuce, tomato, broccoli, and carrots), and 1% low fat white milk (13g) or fat-free chocolate milk (24g) 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 upon request. **Meatless food item is available at lunch daily. No pork or seafood offered. Menu subject to change. This institution is an equal opportunity provider, employer, and lender. Revised 11/5/2019

Schools with Grades 6-8 Menu

November/December 2019

Winter Break: December 23 – January 3

Lunch

	Monday 12/9	Tuesday 12/10	Lean & Green Wed 12/11	Thursday 12/12	Friday 12/13
Entrée – choose 1	*Chicken Enchilada Dip with Tortilla Chips (31g) & Cornbread (29g) *Pepperoni Pizza (44g) *Turkey & Cheese Melt (32g)	*Southwest Burger on Bun (26g) *Chicken and Cheese Taquitos (30g) *Lasagna (34g) & Breadstick (17g)	**Two Cheese Twisted Stix (38g) **Spicy Noodle Bowl (55-61g) & Cornbread (29g) **Cheese & Bean Enchilada (42g)	 Ohio Day Spicy BBQ Beef on Bun (41g) *Cheesy Chicken Crunch Wrap (56g) **Veggie Power Burger (39g)	*Spicy Chicken Tenders (9g) & Cornbread (29g) **Veggie Pizza (49g) or Cheese Pizza 44(g) *Chili Cheese Coney (26g)
	COLD ENTREES **Yogurt Parfait (72-91g) & Muffin (26-29g)	COLD ENTREES **Veg Out Sub (38g)	COLD ENTREES **Egg Salad on Croissant (32g)	COLD ENTREES **Citrus Salad (42g) & Breadstick (17g)	COLD ENTREES *Regular (44g) or Spicy Chicken Wrap (42g)
Choose 1 or more	*Corn (17g)	*Steamed Broccoli (2g) **Garbanzo beans (20g)	*Tomato Soup (15g) and Saltines (19g) *Hot Apple Slices (22g)	*Potato of Choice (14-23g) *Ohio Day Squash (9g)	**Baked Beans (28g)

WEEK 1

	Monday 12/16	Tuesday 12/17	Lean & Green Wed 12/18	Thursday 12/19	Friday 12/20
Entrée – choose 1	*Spicy Chicken Patty on Bun (34g) *Pepperoni Pizza (44g) *Taco Salad with Tortilla Chips (29g) & Cornbread (29g)	*Salisbury Steak on Bun (34g) *Turkey Corn Dog (30g) **Cheese Stuffed Breadsticks/ Spaghetti Sauce (37g)	**Chili Cheese Wrap (37g) **Mighty Nachos (50g) **French Toast Sticks with Egg (59g)	*Cheeseburger on Bun (27g) *Cook's Choice **Toasted Cheese Sandwich (34g)	*Cook's Choice **Veggie Pizza (49g) or Cheese Pizza (44g) *Cheese & Chicken Burrito (53g)
	COLD ENTREES **Yogurt Parfait (72-91g) & Muffin (26-29g)	COLD ENTREES *Turkey Salad on Croissant (37g)	COLD ENTREES **Yogurt, Cheese Stick & Craisins (42-43g) & Grahams (38g)	COLD ENTREES *Italian Salad (9g) & Breadstick (17g)	COLD ENTREES *Chef Salad (15g) & Breadstick (17g)
Choose 1 or more	*Corn (17g) **Black beans (22g)	*Mashed Potatoes/Gravy (23g) *Brussels Sprouts (7g)	*Green Beans (5g) *Hot Peach Slices (28g)	**Potato of Choice (14-24g) *Steamed Broccoli (2g)	*Mixed Vegetables – corn, peas, carrots, green beans, & lima beans (9g)

WEEK 2

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