



**Downtown High School and Fort Hayes Career Centers
Classroom Lunch Menu
October 2020**



	Cohort A Monday 10/26	Cohort A Tuesday 10/27	Wed 10/28	Cohort B Thursday 10/29	Cohort B Friday 10/30
Entrée – choose 1	Pepperoni Pizza (44g) or **Cheese Pizza (33-44g)	Salisbury Steak on Bun (36g)		Pepperoni Pizza (44g) or **Cheese Pizza (33-44g)	Salisbury Steak on Bun (36g)
	<u>COLD ENTRÉE</u> Turkey & Cheese Sub (29g)	<u>COLD ENTRÉE</u> **Yogurt Parfait (53- 73g) & Muffin (26-29g)	NO SCHOOL	<u>COLD ENTRÉE</u> Turkey & Cheese Sub (29g)	<u>COLD ENTRÉE</u> **Yogurt Parfait (53- 73g) & Muffin (26-29g)
Choose 1 or more	Fresh Vegetable and Fruit	Fresh Vegetable and Fruit		Fresh Vegetable and Fruit	Fresh Vegetable and Fruit

A choice of 1% low fat white milk (12g) or fat-free chocolate milk (22g) 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 online: CCSOH.US>Food Services and Menus>Itemized Food List.

**Meatless food item is available at lunch daily. No pork, nut or seafood offered. Menu subject to change. This institution is an equal opportunity provider, employer, and lender. Revised 10/13/2020