



ELEMENTARY SCHOOL CLASSROOM MENU GRADES PreK-6 February 2021

TWO AT BREAKFAST: Assorted Cereal (20-25g) or Graham Cracker (19g) and Yogurt (14g) or Cheese Stick (1g)		Lunch entree symbols: D = Dairy-free <> = Plant-based * bread (12g) or heat-n-serve grain Pork, seafood, and nut-containing products are not offered. Grams of carbohydrate for each food are listed as (g). Ingredient and other nutrition information available <u>online</u> at: CCSOH.US>Food Services and Menus>Itemized Food List Menu is subject to change. This institution is an equal opportunity provider, employer, and lender.		
2/1 Cohort A MONDAY Lunch	2/2 Cohort A TUESDAY Lunch	2/3 WEDNESDAY	2/4 Cohort B THURSDAY Lunch	2/5 Cohort B FRIDAY Lunch
<ul style="list-style-type: none"> Pepperoni Pizza (28g) or WOW Soy Butter & Jelly Sandwich (55g) <> 	<ul style="list-style-type: none"> Hamburger on Bun (20g) D or Cheddar Bits (0g) & Salsa (5g) & Tortilla Strips (23g) <> & *Bread 	NO SCHOOL Pick up 5-day meal pack at a Fuel Up site.	<ul style="list-style-type: none"> Pepperoni Pizza (28g) or WOW Soy Butter & Jelly Sandwich (55g) <> 	NO CLASSES AT SCHOOL
Vegetable and Fruit	Vegetable and Fruit		Vegetable and Fruit	
2/8 Cohort A MONDAY Lunch	2/9 Cohort A TUESDAY Lunch	2/10 WEDNESDAY	2/11 Cohort B THURSDAY Lunch	2/12 Cohort B FRIDAY Lunch
<ul style="list-style-type: none"> Turkey Salami and Cheese Sub (29g) or Peeps {hard-boiled eggs} (2g) D <> & *Bread 	<ul style="list-style-type: none"> Macaroni and Cheese (31g) & Bread <> or Turkey Sticks (0g) & Tortilla Strips (23g) D & *Bread 	NO CLASSES AT SCHOOL Pick up 5-day meal pack at a Fuel Up site.	<ul style="list-style-type: none"> Turkey Salami and Cheese Sub (29g) or Peeps {hard-boiled eggs} (2g) D <> & *Bread 	<ul style="list-style-type: none"> Macaroni and Cheese (31g) & Bread <> or Turkey Sticks (0g) & Tortilla Strips (23g) D & *Bread
Vegetable and Fruit	Vegetable and Fruit		Vegetable and Fruit	Vegetable and Fruit

Week 1 & 2 menu cycles



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TWO AT BREAKFAST: Assorted Cereal (20-25g) or Graham Cracker (19g) and Yogurt (14g) or Cheese Stick (1g)		Lunch entree symbols: ☉ = Dairy-free <> = Plant-based * bread (12g) or heat-n-serve grain Pork, seafood, and nut-containing products are not offered. Grams of carbohydrate for each food are listed as (g). Ingredient and other nutrition information available <u>online</u> at: CCSOH.US >Food Services and Menus>Itemized Food List Menu is subject to change. This institution is an equal opportunity provider, employer, and lender.		
Apple juice (14g) and fruit are served at breakfast also. 1% low fat white milk (12g) or skim chocolate milk (24g) are offered at meals. <u>A complete breakfast and lunch are FREE to every student!!</u>				
2/15 Cohort A MONDAY Lunch	2/16 Cohort A TUESDAY Lunch	2/17 WEDNESDAY	2/18 Cohort B THURSDAY Lunch	2/19 Cohort B FRIDAY Lunch
NO SCHOOL	<ul style="list-style-type: none"> Turkey and Cheese Sub (30g) or Sun Butter (14g) & Jelly (9g) & Bagel (26g) <> ☉ 	NO CLASSES AT SCHOOL Pick up 5-day meal pack at a Fuel Up site.	<ul style="list-style-type: none"> Chicken Patty on Bun (29g) ☉ or Hummus (18g) & Cheese (2g) & Tortilla Strips (25g) & *Bread <> 	<ul style="list-style-type: none"> Turkey and Cheese Sub (30g) or Sun Butter (14g) & Jelly (9g) & Bagel (26g) <> ☉
	Vegetable and Fruit		Vegetable and Fruit	Vegetable and Fruit
2/22 Cohort A MONDAY Lunch	2/23 Cohort A TUESDAY Lunch	2/24 WEDNESDAY	2/25 Cohort B THURSDAY Lunch	2/26 Cohort B FRIDAY Lunch
<ul style="list-style-type: none"> Lasagna Roll Up (37g) <> & *Bread or Peeps {hard-boiled eggs} ☉ <> (2g) & *Bread 	<ul style="list-style-type: none"> Hamburger on Bun (20g) ☉ or WOW Soy Butter & Jelly Sandwich (55g) <> 	NO CLASSES AT SCHOOL Pick up 5-day meal pack at a Fuel Up site.	<ul style="list-style-type: none"> Lasagna Roll Up (37g) <> & *Bread or Peeps {hard-boiled eggs} ☉ <> (2g) & *Bread 	<ul style="list-style-type: none"> Hamburger on Bun (20g) ☉ or WOW Soy Butter & Jelly Sandwich (55g) <>
Vegetable and Fruit	Vegetable and Fruit		Vegetable and Fruit	Vegetable and Fruit

Weeks 3 and 4 menu cycles



ELEMENTARY SCHOOL CLASSROOM MENU GRADES PreK-6 March 2021

TWO AT BREAKFAST: Assorted Cereal (20-25g) or Graham Cracker (19g) and Yogurt (14g) or Cheese Stick (1g)		Lunch entree symbols: D = Dairy-free <> = Plant-based * bread (12g) or heat-n-serve grain Pork, seafood, and nut-containing products are not offered. Grams of carbohydrate for each food are listed as (g). Ingredient and other nutrition information available <u>online</u> at: CCSOH.US >Food Services and Menus>Itemized Food List Menu is subject to change. This institution is an equal opportunity provider, employer, and lender.		
Apple juice (14g) and fruit are served at breakfast also. 1% low fat white milk (12g) or skim chocolate milk (24g) are offered at meals. <u>A complete breakfast and lunch are FREE to every student!!</u>				
3/1 Cohort A MONDAY Lunch	3/2 Cohort A TUESDAY Lunch	3/3 WEDNESDAY	3/4 Cohort B THURSDAY Lunch	3/5 Cohort B FRIDAY Lunch
<ul style="list-style-type: none"> • Chicken Nuggets (13g) D & *Bread or • Hummus (18g) & Cheese (2g) & Tortilla Strips (25g) & *Bread <> 	<ul style="list-style-type: none"> • Salisbury Steak/Gravy (6g) and Potato (18g) & *Bread or • Sun Butter/Jelly & Bagel (49g) <> D 	NO CLASSES AT SCHOOL Pick up 5-day meal pack at a Fuel Up site.	<ul style="list-style-type: none"> • Chicken Nuggets (13g) D & *Bread or • Hummus (18g) & Cheese (2g) & Tortilla Strips (25g) & *Bread <> 	<ul style="list-style-type: none"> • Salisbury Steak/Gravy (6g) and Potato (18g) & *Bread or • Sun Butter/Jelly & Bagel (49g) <> D
Vegetable and Fruit	Vegetable and Fruit		Vegetable and Fruit	Vegetable and Fruit

Week 5 menu cycle