



FUEL UP FRESH MENU

January 20, 2021

Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Cook's Choice Heat and Serve or Assorted Cereal + Graham Cracker	Cook's Choice Heat and Serve or Assorted Cereal + Graham Cracker	Cook's Choice Heat and Serve or Assorted Cereal + Graham Cracker	Cook's Choice Heat and Serve or Assorted Cereal + Graham Cracker	Cook's Choice Heat and Serve or Assorted Cereal + Graham Cracker
Fruit or Juice	Fruit or Juice	Fruit or Juice	Fruit or Juice	Fruit or Juice

Lunch	Lunch	Lunch	Lunch	Lunch
**Cheese Pizza	**Toasted Cheese Sandwich	**Soft Pretzel and Cheese	Turkey Salami and Cheese Sub	Pepperoni Pizza
Vegetable and Fruit	Vegetable and Fruit	Vegetable and Fruit	Vegetable and Fruit	Vegetable and Fruit

Nutrient content and ingredients are available online: CCSOH.US>Food Services and Menus>Itemized Food List.

**Meatless entree. Non-dairy or a meatless lunch meal may consist of Hummus + Wheat Crackers or Sun Butter + Wheat Crackers and Vegetable/Fruit.

No pork, nut or seafood offered. Menu is subject to change. This institution is an equal opportunity provider, employer, and lender. Revised 1/5/2021