


Entrée – choose 1	Monday 1/6	Tuesday 1/7	Lean & Green Wed 1/8	Thursday 1/9	Friday 1/10
	*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)	**French Bread Cheese Pizza (33g) **Fiesta Rice and Tortilla Chips (56g) **Cheese & Bean Enchilada (42g)	*Hot Italian Sub (31g) *Cheesy Chicken Crunch Wrap (56g) **Veggie Power Burger (39g) or Cheeseburger on Bun (27g)	*Spicy Chicken Tenders (9g) & Cornbread (29g) **Veggie Pizza (49g) or Cheese Pizza (44g) *Chili Cheese Coney (26g)
<b>COLD ENTREES</b>	<b>COLD ENTREES</b>	<b>COLD ENTREES</b>	<b>COLD ENTREES</b>	<b>COLD ENTREES</b>	
*Turkey Ham & Cheese Sub (32g) **Cheese (2g) + Cinnamon Roll (36g) + Fruit	*Turkey & Cheese Sub (29g) **Egg Salad on Croissant (32g)	** Veg Out Wrap (44g) **Yogurt Parfait (72-91g) & Muffin (26-29g)	**Citrus Salad (42g) & Breadstick (17g) **Egg Combo (34-59g)	*Regular (44g) or Spicy Chicken Wrap (42g) *Cobb Salad (12g) & Cornbread (29g)	
<b>Choose 1 or more</b>	*Corn (17g) *Steamed Broccoli (2g) **Garbanzo beans (20g)	*Green Beans (5g) *Hot Apple Slices (22g)	*Potato of Choice (13-24g) *Collard Greens (4g)	**Baked Beans (28g)	

**WEEK 1**

Entrée – choose 1	Monday 1/13	Tuesday 1/14	Lean & Green Wed 1/15	Thursday 1/16	Friday 1/17
	*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)	*Turkey Salad on Croissant (44g) *Crispy Chicken Salad (27g) & Muffin (26-28g)	<b>NO SCHOOL</b>	 Ohio Day Turkey with Gravy (2g) *Cheeseburger on Bun (27g) **Toasted Cheese Sandwich (34g)
<b>COLD ENTREES</b>	<b>COLD ENTREES</b>	<b>COLD ENTREES</b>	<b>COLD ENTREES</b>		<b>COLD ENTREES</b>
*Turkey & Cheese Sub (29g) **Yogurt, Sunflower Seed & Craisins (52-53g) & Grahams (38g)	*Turkey Ham & Cheese Wrap (37g) *Chef Salad (16g) & Breadstick (17g)	*Turkey Ham & Cheese Sub (29g) **Yogurt, Sunflower Seed & Craisins (52-53g) & Grahams (38g)	**Veg Out Wrap (44g) *Italian Salad (9g) & Breadstick (17g)	*Turkey Ham & Cheese Wrap (37g) *Chef Salad (16g) & Breadstick (17g)	
<b>Choose 1 or more</b>	*Corn (17g) **Black beans (22g)	* Potato of Choice (13-24g) *Brussels Sprouts (7g)		*Ohio Day Sweet Potatoes (36g) *Steamed Broccoli (2g)	*Mixed Vegetables – corn, peas, carrots, green & lima beans (9g)

**WEEK 2**

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 12/4/2019

	<b>Monday 1/20</b>	<b>Tuesday 1/21</b>	<b>Lean &amp; Green Wed 1/22</b>	<b>Thursday 1/23</b>	<b>Friday 1/24</b>
<b>Entrée – choose 1</b>		**Cheese & Bean Enchilada (42g)  **Macaroni-n-Cheese (25g) & Cornbread (29g)  *Chicken Patty on Bun (34g)	**Veggie Pasta Bake (41g) & Breadstick (17g)  **Blazin’ Buffalo Wrap (51g)  **Vegetable Egg Roll (22g) & Egg Fried Rice (29g)	*Hamburger on Bun (26g)  *Turkey Divan (35g) & Cornbread (29g)  *Hot & Spicy Chicken Drumstick (6g) & Biscuit (27g)	*Cook’s Choice  **Veggie Pizza (49g) or Cheese Pizza (44g)  *Fiesta Nachos (37g)
	<b>Martin Luther King Day NO SCHOOL</b>	<b>COLD ENTREES</b>	<b>COLD ENTREES</b>	<b>COLD ENTREES</b>	<b>COLD ENTREES</b>
	*Turkey & Cheese Wrap (34g)  **Egg Combo (34-59g)	**Egg Salad on Croissant (32g)  **Yogurt Parfait (72-91g) & Muffin (26-29g)	**Veg Out Wrap (44g)  *Cobb Salad (12g) & Cornbread (29g)	*Turkey Ham & Cheese Sub (32g)  *Chef Salad (16g) & Cornbread (29g)	
<b>Choose 1 or more</b>	*Potato of Choice (15-23g)  *Collard Greens (4g)	*Green Beans (5g)  *Hot Apple Slices (22g)	*Potato of Choice (13-24g)  *California Mixed Vegetables (3g)	*Steamed Broccoli (2g)  **Black beans (22g)	

**WEEK 3**

	<b>Monday 1/27</b>	<b>Tuesday 1/28</b>	<b>Lean &amp; Green Wed 1/29</b>	<b>Thursday 1/30</b>	<b>Friday 1/31</b>
<b>Entrée – choose 1</b>	*Cheeseburger on Bun (27g)  *Pepperoni Pizza (44g)  *Sloppy Joe on Bun (36g)	*Chicken Boneless Wings (15g) & Breadstick (17g)  *BBQ Beef Rib Sub (40g)  **Cheesy Breadsticks with Spaghetti Sauce (48g)	**Cheese Pizza (35g)  **3 Bean Chili (19g) & 2 Cornbread (58g)  **Veggie Power Burger on Bun with BBQ (44g) or 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)
	<b>COLD ENTREES</b>	<b>COLD ENTREES</b>	<b>COLD ENTREES</b>	<b>COLD ENTREES</b>	<b>COLD ENTREES</b>
	*Turkey Salad on Croissant (37g)  **Yogurt, Sunflower Seeds & Craisins (52-53g) & Grahams (38g)	**Veg Out Sub (43g)  *Cobb Salas (12g) & Breadstick (17g)	**Sun Butter Grab-n-Go (70-77g)  **Yogurt Parfait (72-91g) & Muffin (26-29g)	*Turkey & Cheese Sub (29g)  *Italian Salad (9g) & Breadstick (17g)	*Turkey Ham & Cheese Wrap (37g)  *Crispy Chicken Salad (27g) & Breadstick (17g)
<b>Choose 1 or more</b>	*Steamed Cabbage (3g)  **Black beans (22g)	*Potato of Choice (13-24g)  *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**


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