


	Monday 1/6	Tuesday 1/7	Lean & Green Wed 1/8	Thursday 1/9	Friday 1/10
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)	**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)
	COLD ENTREES **Cheese (2g) + Cinnamon Roll (36g) + Fruit	COLD ENTREES **Egg Salad on Croissant (32g)	COLD ENTREES **Yogurt Parfait (72-91g) & Muffin (26-29g)	COLD ENTREES **Egg Combo (34-59g)	COLD ENTREES *Cobb Salad (12g) & Cornbread (29g)
Choose 1 or more	*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

	Monday 1/13	Tuesday 1/14	Lean & Green Wed 1/15	Thursday 1/16	Friday 1/17
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)		 Ohio Day Turkey with Gravy (2g) *Cheeseburger on Bun (27g) **Toasted Cheese Sandwich (34g)	*Chicken Tenders (12g) & Breadstick (17g) **Veggie Pizza (49g) or Cheese Pizza (44g) *Cheese & Chicken Burrito (53g)
	COLD ENTREES **Yogurt, Cheese Stick & Craisins (42-43g) & Grahams (38g)	COLD ENTREES *Crispy Chicken Salad (27g) & Muffin (26-28g)	NO SCHOOL		COLD ENTREES *Italian Salad (9g) & Breadstick (17g)
Choose 1 or more	*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); students may have as many fresh fruits and vegetables that they would like to eat. A choice of 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, nut or seafood offered. Menu subject to change. This institution is an equal opportunity provider, employer, and lender. Revised 12/4/2019

Entrée – choose 1	Monday 1/20	Tuesday 1/21	Lean & Green Wed 1/22	Thursday 1/23	Friday 1/24
			**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)
	Martin Luther King Day NO SCHOOL	COLD ENTREES **Egg Combo (34-59g)	COLD ENTREES **Yogurt Parfait (72-91g) & Muffin (26-29g)	COLD ENTREES **Veg Out Wrap (44g)	COLD ENTREES *Turkey Ham & Cheese Sub (32g)
Choose 1 or more		*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

Entrée – choose 1	Monday 1/27	Tuesday 1/28	Lean & Green Wed 1/29	Thursday 1/30	Friday 1/31
		*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)
	COLD ENTREES **Yogurt, Cheese Stick & Craisins (42-43g) & Grahams (38g)	COLD ENTREES *Cobb Salad (12g) & Breadstick (17g)	COLD ENTREES **Yogurt Parfait (72-91g) & Muffin (26-29g)	COLD ENTREES *Turkey & Cheese Sub (29g)	COLD ENTREES *Crispy Chicken Salad (27g) & Breadstick (17g)
Choose 1 or more	*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


A selection of fruits & vegetables (such as fresh lettuce, tomato, broccoli, and carrots); students may have as many fresh fruits and vegetables that they would like to eat. A choice of 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, nut or seafood offered. Menu subject to change. This institution is an equal opportunity provider, employer, and lender. Revised 12/4/2019