

COLUMBUS CITY SCHOOLS Schools with Grades K-8 Menu January 2020



Too*Southwest Burger on Bun (26g)*Southwest Burger on Bun (26g)**French Bread Cheese Pizza (33g)*Hot Italian Sub (31g) *Cheese Chicken Crunch Wrap (56g)*Solicy Chicken Tende Combread (29g) **Weggie Power Burger (39g) **Veggie Power Burger (39g) **Veggie Power Burger (39g) **Cheese Cheese (22g)**Fiesta Rice and Tortilla Chips (56g)**Fiesta Rice and Tortilla Chips (56g)**Hot Italian Sub (31g) *Cheese Chicken Crunch Wrap (56g)**Solicy Chicken Tende Combread (29g) **Veggie Power Burger (39g) or Cheeseburger on Bun (27g)**Weggie Pizza (49g) *Chili Cheese Coney (**Cheese Coney (**Colb ENTREESCold ENTREES **Cheese (2g) + Cinnamon Roll (36g) + FruitCOLD ENTREES **Egg Salad on Croissant (32g)COLD ENTREES **Grean Beans (52g) **Grean Beans (52g) **Hot Apple Slices (22g)Coll of Choice (13-24g) *Colard Greens (4g)**Baked Beans (28g) *Chicken Tenders (12 Breadstick (17g)TooMonday 1/13 *Salisbury Steak on Bun (34g)Tuesday 1/14Lean & Green Wed 1/15 (Fray (2g))Thursday 1/16 *Chicken Tenders (12 Breadstick (17g)TooMonday 1/13 *Salisbury Steak on Bun (34g)*Salisbury Steak on Bun (34g)*Salisbury Steak on Bun (34g)*Chicken Tenders (12 Breadstick (17g)TooMonday 1/13 *Cheese Stuffed Breadstick/S Spaghetti Sauce (37g)Turkey CorD Dog (30g) **Toasted Cheese Sandwich (34g)*Chicken Tenders (22 *Chicken Patty on Bun (34g)*Chicken Tenders (22 *Chicken Patty on Bun (34g)*Chicken Tenders (22 *Chicken Patty on Bun (34g)*Chicken Tenders (12 Breadstick (17g)TooMonday 1/13 **T									
up go or morewith Tortilla Chips (31g) & Combread (29g)(26g)(33g)*The stand Cheese (56g)Combread (29g)*The stand Cheese (56g)Combread (29g)**Veggie Pizza (49g)**Veggie Pizza (49g)**Cobb Salad (12g) & **Cobb Salad (12g) & **Egg Combo (34-59g)**Egg Combo (34-59g)**Egg Combo (34-59g)**Baked Beans (28g)**Egg Combo (34-59g)**Baked Beans (28g)**Egg Combo (34-59g)**Egg Combo (34-59g)**Baked Beans (28g)**Cobb Salad (12g)**Egg Combo (34-59g)**Egg Combo (34-59						Friday 1/10			
Solution**Chese**Chicken and Cheese Taquitos (30g)**Fiesta Rice and Tortilla Chips (56g)(56g)**Veggie Pozer Burger (39g) or Cheeseburger on Bun (27g)**Veggie Pizza (44g)**Lessagna (34g) & Readstick (17g)**Cheese & Bean Enchildad (42g)**Veggie Power Burger (39g) or Cheeseburger on Bun (27g)**Chili Cheese Cone ((29g)Choose to rome more**Col DENTREES **Cheese (2g) + Cinnamon Rol (36g) + Fruit*Col DENTREES **Egg Salad on Croissant (32g)*Col DENTREES **Yogurt Parfait (72-91g) & **Green Beans (5g) *Hot Apple Slices (22g)**Dotato of Choice (13-24g) *Collar Greens (4g)**Baked Beans (28g) **Baked Beans (28g)Monday 1/13Tuesday 1/14Lesn & Green Meed 1/15Thursday 1/16Friday 1/1 Breadstick (17g)**Deperoni Pizza (44g) **Green Deans (20g)**Cheese Stuffed Breadstick (17g)**Cheese Stuffed Breadstick (17g)**Cheese Stuffed Breadstick (17g)**Out Dentrees **Yogurt, Cheese Stuffed Craisins (42-34g) & (24g)Col Dentrees *Col DentreesCol Dentrees *Col Dentrees *Col Dentrees**Cheese Stuffed Breadstick, (5p gaghetti Sauce (37g)**Cheese Stuffed Breadstick, (17g)**Cheese Stuffed **Toasted Cheese Sandwich (34g)**Cheese Stuffed **Toasted Cheese Sandwich (17g)*Col Dentrees *Col Dentrees *Col Dentrees *Col DentreesCol Dentrees *Col Dentrees **Cheese Stuffed **Toasted Cheese Sandwich (17g)**Cheese Stuffed **Toasted Cheese Sandwich (17g)**Cheese Stuffed **Turkey Cheese Stuffed **Cheese Stuffed **Cheese Stuffed **Cheese Stuffed **Cheese Stuffed **Toasted Cheese Sandwich (1	H with Tort	tilla Chips (31g) &	-			*Spicy Chicken Tenders (9g) & Cornbread (29g)			
• get • get • get • get 	*Peppero				(56g)	**Veggie Pizza (49g) or Cheese Pizza (44g)			
**Cheese (2g) + Cinnamon Roll (36g) + Fruit **Egg Salad on Croissant (32g) **Yogurt Parfait (72-91g) & Muffin (26-29g) **Egg Combo (34-59g) *Cobb Salad (12g) & (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 1/16 Friday 1/1 **Spicy Chicken Patty on Bun (34g) *Salisbury Steak on Bun (34g) **Cheese Stuffed Breadstick/ Spaghetti Sauce (37g) **Cheese Stuffed Breadstick/ Spaghetti Sauce (37g) **Toasted Cheese Sandwich (34g) **Cobb ENTREES Cold ENTREES Cold ENTREES Cold ENTREES Cold ENTREES Cold ENTREES Cold ENTREES **Yogurt, Cheese Stick & Craisins (42-43g) & Grahams (38g) * Potato of Choice (13-24g) **Disto of Choice (13-24g) *Turkey Ham & Cheese (37g) Choose *Cold ENTREES Cold ENTREES Muffin (26-28g) NO SCHOOL *Tolais Alg(9g) & Breadstick (17g) *Mixed Vegetables – of	1	& Cheese Melt				*Chili Cheese Coney (26g)			
Roll (36g) + Fruit (32g) Muffin (26-29g) **Egg Combo (34-59g) (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 1/1 Breadstick (17g) *Pepperoni Pizza (44g) *Salisbury Steak on Bun (34g) **Cheese Stuffed Breadsticks/ Spaghetti Sauce (37g) **Cheese Stuffed Breadsticks/ Spaghetti Sauce (37g) **Toasted Cheese Sandwich (34g) *Cheese Sundich (34g) COLD ENTREES COLD ENTREES COLD ENTREES COLD ENTREES COLD ENTREES COLD ENTREES **Yogurt, Cheese Stick & Craisins (42-43g) & Grahams (38g) *Potato of Choice (13-24g) *NO SCHOOL *Ohio Day Sweet Potatoes *Mixed Vegetables – of		LD ENTREES			COLD ENTREES	COLD ENTREES			
1 or more **Garbanzo beans (20g) *Hot Apple Slices (22g) *Collard Greens (4g) WEEK 1 *Spicy Chicken Patty on Bun (34g) *Salisbury Steak on Bun (34g) *Salisbury Steak on Bun (34g) *Salisbury Steak on Bun (34g) *Salisbury Steak on Bun (34g) *Chicken Patty on Bun (34g) *Chicken Patty on Bun (34g) *Chicken Patty on Bun (34g) *Salisbury Steak on Bun (34g) *Chicken Statistical Breadstick/ (7g) *Chicken Statistical Breadstick/ (7g) *Veggie Pizza (49g) or Cheese Pizza *Cheese Stuffed Breadstick/ Spaghetti Sauce (37g) *Cheese Stuffed Breadstick/ Spaghetti Sauce (37g) *Cheese Stuffed Breadstick/ Spaghetti Sauce (37g) *Totasted Cheese Sandwich (34g) *Cheese & Chicken Bun (34g) COLD ENTREES COLD ENTREES COLD ENTREES COLD ENTREES **Yogurt, Cheese Stick & Craisins (42-43g) & Grahams (38g) *Crispy Chicken Salad (27g) & Muffin (26-28g) NO SCHOOL *Turkey Ham & Cheese (37g) *Turkey Ham & Cheese (37g) Choose *Corn (17g) * Potato of Choice (13-24g) *Ohio Day Sweet Potatoes *Mixed Vegetables – other					**Egg Combo (34-59g)	*Cobb Salad (12g) & Cornbread (29g)			
more **Garbanzo beans (20g) *Hot Apple Slices (22g) *Collard Greens (4g) WEEK I **Mixed Vegetables – of Cold ENTREES *Salisbury Steak on Bun (34g) Lean & Green Wed 1/15 Thursday 1/16 Friday 1/1 *Spicy Chicken Patty on Bun (34g) *Salisbury Steak on Bun (34g) *Salisbury Steak on Bun (34g) *Turkey Corn Dog (30g) *Cheese burger on Bun (27g) *Cheese burger on Bun (27g) **Veggie Pizza (49g) or Cheese Pizza (49g) or Cheese Pizza (29g) *Cheese Stuffed Breadsticks/ Spaghetti Sauce (37g) *Cheese Stuffed Breadsticks/ Spaghetti Sauce (34g) *Turkey Cold ENTREES COLD ENTREES COLD ENTREES *Cheese & Chicken But (34g) *Turkey Ham & Cheese (37g) K*Yogurt, Cheese Stick & Craisins (42-43g) & Grahams (38g) * Potato of Choice (13-24g) NO SCHOOL *Ohio Day Sweet Potatoes *Mixed Vegetables – other (37g)	Choose *Corn (1	.7g)	*Steamed Broccoli (2g)	*Green Beans (5g)	*Potato of Choice (13-24g)	**Baked Beans (28g)			
Monday 1/13Tuesday 1/14Lean & Green Wed 1/15Thursday 1/16Friday 1/1*Spicy Chicken Patty on Bun (34g)*Salisbury Steak on Bun (34g)*Salisbury Steak on Bun (34g)*Salisbury Steak on Bun (34g)*Salisbury Steak on Bun (34g)*Chicken Tenders (12) Breadstick (17g)*Taco Salad with Tortilla Chips (29g) & Cornbread (29g)*Turkey Corn Dog (30g) **Cheese Stuffed Breadsticks/ Spaghetti Sauce (37g)*Turkey Corn Dog (30g) **Cheese Stuffed Breadsticks/ Spaghetti Sauce (37g)*Cheeseburger on Bun (27g) **Toasted Cheese Sandwich (34g)*Cheese & Chicken Bu *Cheese Sandwich (34g)COLD ENTREES **Yogurt, Cheese Stick & Craisins (42-43g) & Grahams (38g)COLD ENTREES *Crispy Chicken Salad (27g) & Muffin (26-28g)NO SCHOOL*Talian Salad (9g) & Breadstick (17g)*Turkey Ham & Cheese (37g)Choose*Corn (17g)* Potato of Choice (13-24g)* Potato of Choice (13-24g)*Ohio Day Sweet Potatoes*Mixed Vegetables - 0	-		**Garbanzo beans (20g)	*Hot Apple Slices (22g)	*Collard Greens (4g)				
 *Spicy Chicken Patty on Bun (34g) *Salisbury Steak on Bun (34g) *Turkey Corn Dog (30g) *Taco Salad with Tortilla Chips (29g) & Cornbread (29g) COLD ENTREES *Cheese Stuffed Breadsticks/ Spaghetti Sauce (37g) COLD ENTREES *Cheese Stuffed Breadsticks/ Spaghetti Sauce (37g) COLD ENTREES *Cheese Stuffed Breadsticks/ Spaghetti Sauce (37g) NO SCHOOL *Ohio Day Sweet Potatoes *Mixed Vegetables – of 	/EEK 1								
Bun (34g) (34g) Breadstick (17g) *Pepperoni Pizza (44g) *Turkey Corn Dog (30g) *Turkey Corn Dog (30g) *Taco Salad with Tortilla Chips (29g) & Cornbread (29g) **Cheese Stuffed Breadsticks/ Spaghetti Sauce (37g) **Toasted Cheese Sandwich (34g) *Cheese & Chicken Bu **Cheese & Chicken Bu (34g) COLD ENTREES COLD ENTREES **Yogurt, Cheese Stick & Craisins (42-43g) & Breadstick (37g) *Clip ENTREES **Crispy Chicken Salad (27g) & Muffin (26-28g) *NO SCHOOL *Italian Salad (9g) & Breadstick (17g) *Turkey Ham & Cheese (37g) Choose *Corn (17g) * Potato of Choice (13-24g) *Ohio Day Sweet Potatoes *Mixed Vegetables – of				Lean & Green Wed 1/15	Thursday 1/16	Friday 1/17			
Image: Second	Bun (34g)					*Chicken Tenders (12g) & Breadstick (17g)			
Image: Second second conduct of the second cond conduct of the second conduct of the second cond cond	*Pepperc	(),	, 5, 5,			**Veggie Pizza (49g) or Cheese Pizza (44g)			
**Yogurt, Cheese Stick & Craisins (42-43g) & Grahams (38g)*Crispy Chicken Salad (27g) & Muffin (26-28g)*Italian Salad (9g) & Breadstick (17g)*Turkey Ham & Cheese (37g)Choose*Corn (17g)* Potato of Choice (13-24g)*Ohio Day Sweet Potatoes*Mixed Vegetables - getables - ge	I Chips (29		Breadsticks/ Spaghetti Sauce		**Toasted Cheese Sandwich	*Cheese & Chicken Burrito (53g)			
Craisins (42-43g) & Grahams (38g) & Muffin (26-28g) NO SCHOOL (17g) (37g) Choose *Corn (17g) * Potato of Choice (13-24g) *Ohio Day Sweet Potatoes *Mixed Vegetables – getables – g	COI	LD ENTREES	COLD ENTREES		COLD ENTREES	COLD ENTREES			
	Craisins ((42-43g) &		NO SCHOOL		*Turkey Ham & Cheese Wrap (37g)			
	1 or	•	* Potato of Choice (13-24g)		*Ohio Day Sweet Potatoes (36g)	*Mixed Vegetables – corn, peas, carrots, green & lima beans (9g)			
more **Black beans (22g) *Brussels Sprouts (7g) (36g) *Steamed Broccoli (2g)		**Black beans (22g)	*Brussels Sprouts (7g)						

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



CITY SCHOOLS Schools with Grades K-8 Menu January 2020



	Monday 1/20	Tuesday 1/21	Lean & Green Wed 1/22	Thursday 1/23	Friday 1/24		
		**Cheese & Bean Enchilada (42g)	**Veggie Pasta Bake (41g) & Breadstick (17g)	*Hamburger on Bun (26g)	*Cook's Choice		
e – choose 1		**Macaroni-n-Cheese (25g) & Cornbread (29g)	**Blazin' Buffalo Wrap (51g)	*Turkey Divan (35g) & Cornbread (29g)	**Veggie Pizza (49g) or Cheese Pizza (44g)		
		*Chicken Patty on Bun (34g)	**Vegetable Egg Roll (22g) & Egg Fried Rice (29g)	*Hot & Spicy Chicken Drumstick (6g) & Biscuit (27g)	*Fiesta Nachos (37g)		
Entree	Martin Luther King	COLD ENTREES	COLD ENTREES	COLD ENTREES	COLD ENTREES		
Ш ,	Day NO SCHOOL	**Egg Combo (34-59g)	**Yogurt Parfait (72-91g) & Muffin (26-29g)	**Veg Out Wrap (44g)	*Turkey Ham & Cheese Sub (32g)		
choose		*Potato of Choice (15-23g)	*Green Beans (5g)	*Potato of Choice (13-24g)	*Steamed Broccoli (2g)		
or		*Collard Greens (4g)	*Hot Apple Slices (22g)	*California Mixed Vegetables (3g)	**Black beans (22g)		
EEK 3							
	Monday 1/27	Tuesday 1/28	Lean & Green Wed 1/29	Thursday 1/30	Friday 1/31		
Entrée – choose 1	*Cheeseburger on Bun (27g)	*Chicken Boneless Wings (15g) & Breadstick (17g)	**Cheese Pizza (35g)	**Cheese & Bean Burrito (40g)	*Hamburger on Bun (26g)		
	*Pepperoni Pizza (44g)	*BBQ Beef Rib Sub (40g)	**3 Bean Chili (19g) & 2 Cornbread (58g)	*Chicken Drumstick & Waffle (34g)	**Veggie Pizza (49g) or Cheese Pizza (44g)		
	*Sloppy Joe on Bun (36g)	**Cheesy Breadsticks with Spaghetti Sauce (48g)	**Veggie Power Burger on Bun with BBQ (44g) or Cheese (40g)	*Spaghetti with Meat Sauce (33g) & Breadstick (17g)	*Chicken Fajita (39g)		
	COLD ENTREES	COLD ENTREES	COLD ENTREES	COLD ENTREES	COLD ENTREES		
-	**Yogurt, Cheese Stick & Craisins (42-43g) & Grahams (38g)	*Cobb Salad (12g) & Breadstick (17g)	**Yogurt Parfait (72-91g) & Muffin (26-29g)	*Turkey & Cheese Sub (29g)	*Crispy Chicken Salad (27g) & Breadstick (17g)		
Choose	*Steamed Cabbage (3g)	*Potato of Choice (13-24g)	*Corn (17g)	*Steamed Broccoli (2g)	*Italian Mixed Vegetables – (5g		
lioose		1			zucchini, carrot, cauliflower,		

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