



## FUEL UP FRESH MENU

January 13, 2021

Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Cook's Choice Heat and Serve <b>or</b> Assorted Cereal + Graham Cracker	Cook's Choice Heat and Serve <b>or</b> Assorted Cereal + Graham Cracker	Cook's Choice Heat and Serve <b>or</b> Assorted Cereal + Graham Cracker	Cook's Choice Heat and Serve <b>or</b> Assorted Cereal + Graham Cracker	Cook's Choice Heat and Serve <b>or</b> 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	**Lasagna Roll Up + Savory Wheat Crackers	Turkey Salami and Cheese Sub	**Dynomite Dippers + Cheez-its	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](http://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