



## ELEMENTARY SCHOOL CLASSROOM MENU GRADES PreK-6

March 2021

## NATIONAL SCHOOL BREAKFAST WEEK IN MARCH

		Lunch er	ntree symbols: Đ = Dairy-free						
TWO AT BREAKFAST:		<> = Plant-based							
Assorted Cereal (20-25g) or Graham Cracker (19g) and Yogurt (14g) or Cheese Stick (1g) Apple juice (14g) and fruit are served at breakfast also. 1% low		* bread (12g) or heat-n-serve grain Pork, seafood, and nut-containing products are not offered. Grams of carbohydrate for each food are listed as (g). Ingredient and other nutrition information available <u>online</u> at: CCSOH.US>Food Services and Menus>Itemized Food List							
					fat white milk (12g) or skim chocolate milk (24g) are offered at		Menu is subject to change.		
					meals.		This institution is an equal opportunity provider, employer, and lender.		
					A complete breakfast and lunch are FREE to every student!!		This institution is an equal opportantly provider, employer, and lender		
					3/8	3/9	3/10	3/11	3/12
Cohort A MONDAY Lunch	Cohort A TUESDAY Lunch	WEDNESDAY	Cohort B THURSDAY Lunch	Cohort B FRIDAY Lunch					
<ul> <li>Lasagna Roll Up (37g) &lt;&gt;</li> </ul>	Hamburger on Bun	NO CLASSES AT	Lasagna Roll Up	Hamburger on Bun (20g)					
& *Bread	(20g) Đ	SCHOOL	(37g) <> & *Bread	Ð					
or	or		or	or					
• WOW Soy Butter & Jelly	• Cheese Cup (1g) &	Pick up 5-day meal	• WOW Soy Butter &	<ul> <li>Cheese Cup (1g) &amp; Salsa</li> </ul>					
Sandwich (55g) <>	Salsa (5g) & Tortilla	pack at a Fuel Up	Jelly Sandwich (55g)	(5g) & Tortilla Strips					
	Strips (23g) <> &	site.	<>	(23g) <> & *Bread					
	*Bread	site.							
Vegetable and Fruit	Vegetable and Fruit		Vegetable and Fruit	Vegetable and Fruit					
3/15	3/16	3/17	3/18	3/19					
Cohort A MONDAY Lunch	Cohort A TUESDAY Lunch	WEDNESDAY	Cohort B THURSDAY Lunch	Cohort B FRIDAY Lunch					
<ul> <li>Cheese Pizza (27g) &lt;&gt;</li> </ul>	<ul> <li>Macaroni and</li> </ul>	NO CLASSES AT	<ul> <li>Cheese Pizza (27g)</li> </ul>	<ul> <li>Macaroni and Cheese</li> </ul>					
or	Cheese (31g) &	SCHOOL	<>	(31g) & Bread <>					
<ul> <li>Peeps {hard-boiled</li> </ul>	Bread <>		or	or					
eggs} (2g)	or	Pick up 5-day meal	<ul> <li>Peeps {hard-boiled</li> </ul>	• Turkey Sticks (0g) &					
*Bread	• Turkey Sticks (0g) &	pack at a Fuel Up	eggs} (2g)	Tortilla Strips (25g) Ð &					
	Tortilla Strips (25g) Đ	site.	*Bread	*Bread					
	& *Bread								
Vegetable and Fruit	Vegetable and Fruit		Vegetable and Fruit	Vegetable and Fruit					

Week 1 & 2 menu cycles

CCS Food Services 3/23/2021





## ELEMENTARY SCHOOL CLASSROOM MENU GRADES PreK-6

March/April 2021

## 

Assorted Cereal (20-25g) or Graham Cracker (19g) and Yogurt (14g) or Cheese Stick (1g) Apple juice (14g) and fruit are served at breakfast also. 1% low fat white milk (12g) or skim chocolate milk (24g) are offered at meals. CCSOH.US	od, and nut-containing products f carbohydrate for each food ar d other nutrition information a >Food Services and Menus>Item	e listed as (g).		
and Yogurt (14g) or Cheese Stick (1g)Pork, seaforApple juice (14g) and fruit are served at breakfast also. 1% low fat white milk (12g) or skim chocolate milk (24g) are offered at meals.Pork, seafor Grams o Ingredient ar CCSOH.USA complete breakfast and lunch are FREE to every student!!This institution is $3/22$ Cohort A MONDAY Lunch $3/23$ Cohort A TUESDAY Lunch $3/24$ WEDNESDAY• Chicken Nuggets (13g) $\overline{P}$ or • Chicken Nuggets (13g) $\overline{P}$ or Cheese (2g) & Tortilla Strips (25g) & *Bread• Pepperoni Pizza (28g) or • Sun Butter (14g) & Jelly (9g) & BagelNO CLASSES AT SCHOOL	* bread (12g) of od, and nut-containing products f carbohydrate for each food ar id other nutrition information a S-Food Services and Menus-Iter	s are not offered. e listed as (g).		
Apple juice (14g) and fruit are served at breakfast also. 1% low fat white milk (12g) or skim chocolate milk (24g) are offered at meals.Pork, seafor Grams of Ingredient ar CCSOH.USA complete breakfast and lunch are FREE to every student!!This institution is $3/22$ Cohort A MONDAY Lunch $3/23$ Cohort A TUESDAY Lunch $3/24$ WEDNESDAY• Chicken Nuggets (13g) $p$ or • Bean Dip (12g) & Cheese (2g) & Tortilla Strips (25g) & *Bread• Pepperoni Pizza or • Sun Butter (14g) & Jelly (9g) & BagelNO CLASSES AT 	od, and nut-containing products f carbohydrate for each food ar d other nutrition information a >Food Services and Menus>Item	s are not offered. e listed as (g).		
Apple juice (14g) and fruit are served at breakfast also. 1% low fat white milk (12g) or skim chocolate milk (24g) are offered at meals.Grams of Ingredient ar CCSOH.USA complete breakfast and lunch are FREE to every student!!This institution is3/22 Cohort A MONDAY Lunch3/23 Cohort A TUESDAY Lunch3/24 WEDNESDAY• Chicken Nuggets (13g) ə or • Bean Dip (12g) & Cheese (2g) &Tortilla Strips (25g) & *Bread• Pepperoni Pizza or 	f carbohydrate for each food ar ad other nutrition information a >Food Services and Menus>Ite	e listed as (g).		
fat white milk (12g) or skim chocolate milk (24g) are offered at meals.Ingredient ar CCSOH.USA complete breakfast and lunch are FREE to every student!!This institution is3/22 Cohort A MONDAY Lunch3/23 Cohort A TUESDAY Lunch3/24 WEDNESDAY• Chicken Nuggets (13g) • or 	d other nutrition information a >Food Services and Menus>Ite			
meals.CCSOH.USA complete breakfast and lunch are FREE to every student!!This institution is3/22 Cohort A MONDAY Lunch3/23 Cohort A TUESDAY Lunch3/24 WEDNESDAY• Chicken Nuggets (13g) • 	>Food Services and Menus>Ite	vailable <u>online at</u> :		
A complete breakfast and lunch are FREE to every student!!This institution is3/22 Cohort A MONDAY Lunch3/23 Cohort A TUESDAY Lunch3/24 WEDNESDAY• Chicken Nuggets (13g) • or or• Pepperoni Pizza (28g) or Cheese (2g) & Tortilla Strips (25g) & *Bread• Pepperoni Pizza or • Sun Butter (14g) & Jelly (9g) & BagelNO CLASSES AT SCHOOL Pick up 5-day meal pack at a Fuel Up		Ingredient and other nutrition information available <u>online</u> at:		
3/22 Cohort A MONDAY Lunch3/23 Cohort A TUESDAY Lunch3/24 WEDNESDAY• Chicken Nuggets (13g) • or or • Bean Dip (12g) & Cheese (2g) &Tortilla Strips (25g) & *Bread• Pepperoni Pizza (28g) or • Sun Butter (14g) & Jelly (9g) & BagelNO CLASSES AT SCHOOL Pick up 5-day meal pack at a Fuel Up		CCSOH.US>Food Services and Menus>Itemized Food List		
3/22 Cohort A MONDAY Lunch3/23 Cohort A TUESDAY Lunch3/24 WEDNESDAY• Chicken Nuggets (13g) • or or • Bean Dip (12g) & Cheese (2g) & Tortilla Strips (25g) & *Bread• Pepperoni Pizza (28g) or • Sun Butter (14g) & Jelly (9g) & BagelNO CLASSES AT SCHOOL Pick up 5-day meal pack at a Fuel Up	Menu is subject to change.			
Cohort A MONDAY LunchCohort A TUESDAY LunchWEDNESDAY• Chicken Nuggets (13g) • or• Pepperoni Pizza (28g)NO CLASSES AT SCHOOL• Bean Dip (12g) & Cheese (2g) & Tortilla Strips (25g) & *Bread• Sun Butter (14g) & Jelly (9g) & BagelPick up 5-day meal pack at a Fuel Up	This institution is an equal opportunity provider, employer, and lender.			
or(28g)SCHOOL• Bean Dip (12g) &orPick up 5-day mealCheese (2g) &Tortilla Strips (25g) & *Bread• Sun Butter (14g) & Jelly (9g) & Bagelpack at a Fuel Up	3/25 Cohort B THURSDAY Lunch	3/26 Cohort B FRIDAY Lunch		
	<ul> <li>Chicken Nuggets (13g) Đ or</li> <li>Bean Dip (12g) &amp; Cheese (2g) &amp;Tortilla Strips (25g) &amp; *Bread</li> </ul>	<ul> <li>Pepperoni Pizza (28g) or</li> <li>Sun Butter (14g) &amp; Jelly (9g) &amp; Bagel (26g) &lt;&gt; Đ</li> </ul>		
Vegetable and Fruit Vegetable and Fruit	Vegetable and Fruit	Vegetable and Fruit		
3/293/303/31Cohort A MONDAY LunchCohort A TUESDAY LunchWEDNESDAY	4/1 Cohort B THURSDAY Lunch	4/2 Cohort B FRIDAY Lunch		
<ul> <li>Cheese Pizza (27g) &lt;&gt; or (20g) ⊕ SCHOOL</li> <li>Peeps {hard-boiled eggs} ⊕ &lt;&gt; (2g) &amp; *Bread</li> <li>WOW Soy Butter &amp; Jelly Sandwich (55g) &lt;&gt; site.</li> </ul>	NO CLASSES AT SCHOOL	NO CLASSES AT SCHOOL		
Vegetable and Fruit Vegetable and Fruit				

Week 3 & 4 menu cycles

Spring Break April 2nd to 9<sup>th</sup>.... No Classes at School

CCS Food Services 3/23/2021