


ELEMENTARY SCHOOL CLASSROOM MENU GRADES PreK-6
March 2021
NATIONAL SCHOOL BREAKFAST WEEK IN MARCH

<p>TWO AT BREAKFAST: Assorted Cereal (20-25g) or Graham Cracker (19g) and Yogurt (14g) or Cheese Stick (1g)</p>		<p>Lunch entree symbols: ☉ = Dairy-free <> = Plant-based * 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 Menu is subject to change. This institution is an equal opportunity provider, employer, and lender.</p>		
<p>3/8 Cohort A MONDAY Lunch</p>	<p>3/9 Cohort A TUESDAY Lunch</p>	<p>3/10 WEDNESDAY</p>	<p>3/11 Cohort B THURSDAY Lunch</p>	<p>3/12 Cohort B FRIDAY Lunch</p>
<ul style="list-style-type: none"> Lasagna Roll Up (37g) <> & *Bread or WOW Soy Butter & Jelly Sandwich (55g) <> 	<ul style="list-style-type: none"> Hamburger on Bun (20g) ☉ or Cheese Cup (1g) & Salsa (5g) & Tortilla Strips (23g) <> & *Bread 	<p>NO CLASSES AT SCHOOL Pick up 5-day meal pack at a Fuel Up site.</p>	<ul style="list-style-type: none"> Lasagna Roll Up (37g) <> & *Bread or WOW Soy Butter & Jelly Sandwich (55g) <> 	<ul style="list-style-type: none"> Hamburger on Bun (20g) ☉ or Cheese Cup (1g) & Salsa (5g) & Tortilla Strips (23g) <> & *Bread
Vegetable and Fruit	Vegetable and Fruit		Vegetable and Fruit	Vegetable and Fruit
<p>3/15 Cohort A MONDAY Lunch</p>	<p>3/16 Cohort A TUESDAY Lunch</p>	<p>3/17 WEDNESDAY</p>	<p>3/18 Cohort B THURSDAY Lunch</p>	<p>3/19 Cohort B FRIDAY Lunch</p>
<ul style="list-style-type: none"> Cheese Pizza (27g) <> or Peeps {hard-boiled eggs} (2g) ☉ <> & *Bread 	<ul style="list-style-type: none"> Macaroni and Cheese (31g) & Bread <> or Turkey Sticks (0g) & Tortilla Strips (25g) ☉ & *Bread 	<p>NO CLASSES AT SCHOOL Pick up 5-day meal pack at a Fuel Up site.</p>	<ul style="list-style-type: none"> Cheese Pizza (27g) <> or Peeps {hard-boiled eggs} (2g) ☉ <> & *Bread 	<ul style="list-style-type: none"> Macaroni and Cheese (31g) & Bread <> or Turkey Sticks (0g) & Tortilla Strips (25g) ☉ & *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
NATIONAL SCHOOL BREAKFAST WEEK IN MARCH

TWO AT BREAKFAST: Assorted Cereal (20-25g) or Graham Cracker (19g) and Yogurt (14g) or Cheese Stick (1g)		Lunch entree symbols: ☉ = Dairy-free <> = Plant-based * 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 Menu is subject to change. This institution is an equal opportunity provider, employer, and lender.		
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. A complete breakfast and lunch are FREE to every student!!				
3/22 Cohort A MONDAY Lunch	3/23 Cohort A TUESDAY Lunch	3/24 WEDNESDAY	3/25 Cohort B THURSDAY Lunch	3/26 Cohort B FRIDAY Lunch
<ul style="list-style-type: none"> • Chicken Nuggets (13g) ☉ or • Bean Dip (12g) & Cheese (2g) & Tortilla Strips (25g) & *Bread <> 	<ul style="list-style-type: none"> • Pepperoni Pizza (28g) or • Sun Butter (14g) & Jelly (9g) & Bagel (26g) <> ☉ 	NO CLASSES AT SCHOOL Pick up 5-day meal pack at a Fuel Up site.	<ul style="list-style-type: none"> • Chicken Nuggets (13g) ☉ or • Bean Dip (12g) & Cheese (2g) & Tortilla Strips (25g) & *Bread <> 	<ul style="list-style-type: none"> • Pepperoni Pizza (28g) or • Sun Butter (14g) & Jelly (9g) & Bagel (26g) <> ☉
Vegetable and Fruit		Vegetable and Fruit		
3/29 Cohort A MONDAY Lunch	3/30 Cohort A TUESDAY Lunch	3/31 WEDNESDAY	4/1 Cohort B THURSDAY Lunch	4/2 Cohort B FRIDAY Lunch
<ul style="list-style-type: none"> • Cheese Pizza (27g) <> or • Peeps {hard-boiled eggs} ☉ <> (2g) & *Bread 	<ul style="list-style-type: none"> • Hamburger on Bun (20g) ☉ or • WOW Soy Butter & Jelly Sandwich (55g) <> 	NO CLASSES AT SCHOOL Pick up 5-day meal pack at a Fuel Up site.	NO CLASSES AT SCHOOL	NO CLASSES AT SCHOOL
Vegetable and Fruit		Vegetable and Fruit		

Week 3 & 4 menu cycles

Spring Break April 2nd to 9th.... No Classes at School