

| | Monday 3/2 | Tuesday 3/3 | Lean & Green Wed 3/4 | Thursday 3/5 | Friday 3/6 |
|--------------------------|---|---|--|---|--|
| 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 3/9 | Tuesday 3/10 | Lean & Green Wed 3/11 | Thursday 3/12 | Friday 3/13 |
|--------------------------|--|--|--|---|--|
| 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) | **Curry over Rice (50g) & Muffin (26-29g) **Mighty Nachos (50g) **French Toast Sticks with Egg (59g) | *Chicken and Noodles (33g) & Cornbread (29g) **Toasted Cheese Sandwich (34g) *Cheeseburger on Bun (27g) | *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) | COLD ENTREES **Yogurt Parfait (72-91g) & Muffin (26-29g) | COLD ENTREES *Italian Salad (9g) & Breadstick (17g) | COLD ENTREES *Turkey Ham & Cheese Wrap (37g) |
| Choose 1 or more | *Corn (17g) **Black beans (22g) | * Potato of Choice (13-24g) *Brussels Sprouts (7g) | *Green Beans (5g) *Hot Peach Slices (28g) | * Potato of Choice (14-23g) *Ohio Day Green Beans (5g) | *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 (22g) 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 2/10/2020

| Entrée – choose 1 | Monday 3/16 | Tuesday 3/17 | Lean & Green Wed 3/18 | Thursday 3/19 | Friday 3/20 |
|---|---|---|---|---|--|
| | *Philly Steak & Cheese Sub (34g) *Pepperoni Pizza (44g) *Turkey Sausage & French Toast Sticks (58g) | **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) | **Spicy Chicken Tenders (9g) & Cornbread (29g) **Veggie Pizza (49g) or Cheese Pizza (44g) *Fiesta Nachos (37g) |
| COLD ENTREES | COLD ENTREES | COLD ENTREES | COLD ENTREES | COLD ENTREES | COLD ENTREES |
| **Cheese (2g) + Cinnamon Roll (36g) + Fruit | **Egg Combo (34-59g) | **Yogurt Parfait (72-91g) & Muffin (26-29g) | **Veg Out Wrap (44g) | *Turkey Ham & Cheese Sub (32g) | |
| Choose 1 or more | *Corn (17g) | *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 3/23 | Tuesday 3/24 | Lean & Green Wed 3/25 | Thursday 3/26 | Friday 3/27 |
|--|--|--|--------------------------------------|--|---|
| | *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) | *Cobb Salad (12g) & Breadstick (17g) | NO SCHOOL | **Cheese & Bean Burrito (40g) *Chicken Drumstick & Waffle (34g) *Spaghetti with Meat Sauce (33g) & Breadstick (17g) |
| 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) *Green Beans (5g) | *Turkey & Cheese Sub (29g) | *Steamed Broccoli (2g) | *Crispy Chicken Salad (27g) & Breadstick (17g) | |
| Choose 1 or more | *Steamed Cabbage (3g) **Black beans (22g) | *Potato of Choice (13-24g) *Green Beans (5g) | *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 (22g) 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 2/10/2020