

Secondary School Classroom Menu SY 2020 -21

BREAKFAST

CHOOSE TWO OF THESE:

Assorted Cereals (20-28g) Sweet Potato Swirl Roll (33g)
 Cheese Stick (1g) Muffins (26-29g)
 Graham Cracker (19g) Yogurt (14g)
 1% low fat white milk (12g) or fat-free chocolate milk (22g)

Must choose juice or fruit with breakfast.

LUNCH

Entrée – choose 1	Cohort A Monday 4/26	Cohort A Tuesday 4/27	Wed 4/28 NO CLASSES AT SCHOOL Pick up 5-day meal pack at a Fuel Up site.	Cohort B Thursday 4/29	Cohort B Friday 4/30
		**Four Cheese Pizza (35g)		Chili Cheese Dog Bun (26g)	
	<u>COLD ENTREE</u> Turkey & Cheese Sub (29g)	<u>COLD ENTRÉE</u> **2 Yogurts (28g) & 2 Muffins (56-58g)		<u>COLD ENTREE</u> Turkey & Cheese Sub (29g)	<u>COLD ENTREE</u> **2 Yogurts (28g) & 2 Muffins (56-58g)
	Vegetable and Fruit	Vegetable and Fruit		Vegetable and Fruit	Vegetable and Fruit

WEEK 1

Entrée – choose 1	Cohort A Monday 5/3	Cohort A Tuesday 5/4	Wed 5/5 NO CLASSES AT SCHOOL Pick up 5-day meal pack at a Fuel Up site.	Cohort B Thursday 5/6	Cohort B Friday 5/7
		Cook's Choice		Hot-n-Spicy Chicken Drumstick and Waffle (36g)	
	<u>COLD ENTREE</u> **Veg Out Sub (39g)	<u>COLD ENTREE</u> **Super Garden Salad (16g) & 2 Cheez-its (28g)		<u>COLD ENTREE</u> **Veg Out Sub (39g)	<u>COLD ENTREE</u> **Super Garden Salad (16g) & 2 Cheez-its (28g)
	Vegetable and Fruit	Vegetable and Fruit		Vegetable and Fruit	Vegetable and Fruit

WEEK 2

A choice of 1% low fat white milk (12g) 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 online: [CCS.OH.US](https://ccs.oh.us)>Food Services and Menus>Itemized Food List. **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 4/15/2021

Secondary School Classroom Menu SY 2020 -21

BREAKFAST

CHOOSE TWO OF THESE:

Assorted Cereals (20-28g) Sweet Potato Swirl Roll (33g)
 Cheese Stick (1g) Muffins (26-29g)
 Graham Cracker (19g) Yogurt (14g)
 1% low fat white milk (12g) or fat-free chocolate milk (22g)

Must choose juice or fruit with breakfast.

LUNCH

	Cohort A Monday 5/10	Cohort A Tuesday 5/11		Cohort B Thursday 5/13	Cohort B Friday 5/14
Entrée – choose 1	Beef Chili with Bean (16g) and Cornbread (35g)	Hamburger on Bun (26g)	Wed 5/12 NO CLASSES AT SCHOOL Pick up 5-day meal pack at a Fuel Up site.	Beef Chili with Bean (16g) and Cornbread (35g)	Hamburger on Bun (26g)
	COLD ENTREE **Sun Butter Grab-n-Go (71g)	COLD ENTREE **Cheese (0-2g) + 2 Muffins (56-58g)		COLD ENTREE **Sun Butter Grab-n-Go (71g)	COLD ENTREE **Cheese (0-2g) + 2 Muffins (56-58g)
Vegetable and Fruit	Vegetable and Fruit	Vegetable and Fruit		Vegetable and Fruit	Vegetable and Fruit

WEEK 3

	Cohort A Monday 5/17	Cohort A Tuesday 5/18		Cohort B Thursday 5/20	Cohort B Friday 5/21
Entrée – choose 1	Turkey/Gravy (2g) and Potato (18g) & Cornbread (35g)	Taco Salad (29g) and Cornbread (35g)	Wed 5/19 NO CLASSES AT SCHOOL Pick up 5-day meal pack at a Fuel Up site.	Turkey/Gravy (2g) and Potato (18g) & Cornbread (35g)	Taco Salad (29g) and Cornbread (35g)
	COLD ENTREE **WOW Soy Butter and Jelly Sandwich (55g)	COLD ENTREE **Veg Out Sub (39g)		COLD ENTREE **WOW Soy Butter and Jelly Sandwich (55g)	COLD ENTREE **Veg Out Sub (39g)
Vegetable and Fruit	Vegetable and Fruit	Vegetable and Fruit		Vegetable and Fruit	Vegetable and Fruit

WEEK 4

A choice of 1% low fat white milk (12g) 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 online: [CCS.OH.US](https://ccs.oh.us)>Food Services and Menus>Itemized Food List. **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 4/15/2021