



ELEMENTARY SCHOOL CLASSROOM MENU GRADES PreK-6


November 2020

<p><u>2 OF THESE AT BREAKFAST:</u> Assorted Cereal (20-25g) or Graham Cracker (19g) or Yogurt (14g) or Cheese Stick (1g)</p> <p>Apple juice or orange juice (14g) and fresh fruit are served at breakfast. 1% low fat white milk (12g) or skim chocolate milk (24g) are offered at breakfast/lunch. <u>A complete breakfast and lunch are FREE to every student!!</u></p>		<p>Grams of carbohydrate for each food are listed as (g). Lunch menu symbols: ♂ = Dairy-free entrée <> = Plant-based entrée</p> <p><u>At lunch:</u> *Sliced whole grain bread (12g) or pancake/waffle (36-40g) or cinnamon roll/bar (33-40g) may be served. A fresh vegetable and fruit will be served. Pork, seafood, and nut-containing products are not offered. Ingredient and other nutrition information available <u>online</u>: CCSOH.US>Food Services and Menus>Itemized Food List</p> <p>Menu is subject to change. This institution is an equal opportunity provider, employer, and lender.</p>		
11/2 Cohort A MONDAY Lunch	11/3 Cohort A TUESDAY Lunch	11/4 WEDNESDAY	11/5 Cohort B THURSDAY Lunch	11/6 Cohort B FRIDAY Lunch
Pepperoni Pizza (28g) Sun Butter/Jelly & Bagel (49g) <> ♂	NO SCHOOL	Hamburger on Bun (20g) ♂ Cheddar Bits (0g) with Salsa (5g) & Pretzel (16g) <> & *Bread	Pepperoni Pizza (28g) Sun Butter/Jelly & Bagel (49g) <> ♂	Hamburger on Bun (20g) ♂ Cheddar Bits (0g) with Salsa (5g) & Pretzel (16g) <> & *Bread
11/9 Cohort A MONDAY Lunch	11/10 Cohort A TUESDAY Lunch	11/11 WEDNESDAY	11/12 Cohort B THURSDAY Lunch	11/13 Cohort B FRIDAY Lunch
Cheese & Bean Burrito (40g) <> 2 Peeps {hard-boiled eggs} (2g) ♂ <> & *Bread	Macaroni and Cheese (31g) & Bread <> Turkey Sticks (0g) & Tortilla Strips (23g) ♂ & *Bread	NO SCHOOL	Cheese & Bean Burrito (40g) <> 2 Peeps {hard-boiled eggs} ♂ <> (2g) & *Bread	Macaroni and Cheese (31g) & Bread <> Turkey Sticks (2g) & Tortilla Strips (36g) ♂ & *Bread



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11/16 Cohort A MONDAY Lunch	11/17 Cohort A TUESDAY Lunch	11/18 WEDNESDAY	11/19 Cohort B THURSDAY Lunch	11/20 Cohort B FRIDAY Lunch
Chicken Patty on Bun (29g) ⓓ Hummus (18g) & Cheese (2g) &Tortilla Strips (25g) & *Bread <>	Turkey/Gravy (2g) and Potato (18g) & *Bread (12g) Sun Butter (14g) & Jelly (9g) & Bagel (26g) <> ⓓ	NO SCHOOL	Chicken Patty on Bun (29g) ⓓ Hummus (18g) & Cheese (2g) &Tortilla Strips (25g) & *Bread <>	Turkey/Gravy (2g) and Potato (18g) & *Bread (12g) Sun Butter (14g) & Jelly (9g) & Bagel (26g) <> ⓓ
11/23 Cohort A MONDAY Lunch	11/24 Cohort A TUESDAY Lunch	11/25 WEDNESDAY	11/26 Cohort B THURSDAY Lunch	11/27 Cohort B FRIDAY Lunch
Lasagna Roll Up (37g) <> & *Bread Peeps {hard-boiled eggs} ⓓ <> (2g) & *Bread	Hamburger on Bun (20g) ⓓ WOW Soy Butter & Jelly Sandwich (55g) <>	NO SCHOOL	THANKSGIVING NO SCHOOL 	NO SCHOOL



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November/December 2020

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11/30 Cohort A MONDAY Lunch	12/1 Cohort A TUESDAY Lunch	12/2 WEDNESDAY	12/3 Cohort B THURSDAY Lunch	12/4 Cohort B FRIDAY Lunch
Chicken Nuggets (13g) ♂ & *Bread Hummus (18g) & Cheese (2g) & Tortilla Strips (25g) & *Bread <>	Salisbury Steak/Gravy (6g) and Potato (18g) & *Bread Sun Butter/Jelly & Bagel (49g) <> ♂	NO SCHOOL	Chicken Nuggets (13g) ♂ & *Bread Hummus (18g) & Cheese (2g) & Tortilla Strips (25g) & *Bread <>	Salisbury Steak/Gravy (6g) and Potato (18g) & *Bread Sun Butter/Jelly & Bagel (49g) <> ♂