

# Fuel Up Menu 2020



Entrée – choose 1	Monday Breakfast 11/2	Tuesday Breakfast 11/3	Wednesday Breakfast 11/4	Thursday Breakfast 11/5	Friday Breakfast 11/6
	<u>COLD ENTRÉE</u> Assorted Cereal + Cheese Stick	Muffins + Fruit and Assorted Cereal + Cheese Stick	<u>COLD ENTRÉE</u> Assorted Cereal + Cheese Stick	<u>COLD ENTRÉE</u> Graham Cracker + Yogurt	<u>COLD ENTRÉE</u> Assorted Cereal + Cheese Stick

Entrée – choose 1	Monday Lunch 11/2	Tuesday Lunch 11/3	Wednesday Lunch 11/4	Thursday Lunch 11/5	Friday Lunch 11/6
	Pepperoni Pizza or **Cheese Pizza	<b>NO SCHOOL</b>	Beef Burger on Bun	**Lasagna Roll Up + Bread	** Dynamite Dippers + Bread
<u>COLD ENTRÉE</u> Turkey Salami & Cheese Sub	<u>COLD ENTRÉE</u> Chicken Salad + Cheese + Wheat Crackers Cherry Star Juice + Fruit or Pizza Emergency Meal Kit	<u>COLD ENTRÉE</u> **Yogurt + Cheese + Graham Crackers	<u>COLD ENTRÉE</u> Turkey Sticks + Cheez-its	<u>COLD ENTRÉE</u> **WOW Soy Butter & Jelly Sandwich	
Vegetable and Fruit		Vegetable and Fruit	Vegetable and Fruit	Vegetable and Fruit	

WEEK 1

Fruit will be offered at breakfast during school days (not for non-school days). Children will have a choice to pick up one juice and one milk at breakfast on school days. Children will also be given a choice of one milk (1% low fat white milk or fat-free chocolate milk) at lunch on school days (not for non-school days). A complete meal is free for all students under the Community Eligibility Provision. Nutrient content and ingredients are available online:

CCSOH.US>Food Services and Menus>Itemized Food List.

\*\*Meatless food item is available at lunch daily. Non-dairy or a meatless lunch meal may consist of:

Hummus + Wheat Crackers or Sun Butter + Wheat Crackers and Vegetable/Fruit.

No pork, nut or seafood offered. Menu is subject to change. This institution is an equal opportunity provider, employer, and lender. Revised 10/30/2020

# Fuel Up Menu 2020



Entrée – choose 1	Monday Breakfast 11/9	Tuesday Breakfast 11/10	Wednesday Breakfast 11/11	Thursday Breakfast 11/12	Friday Breakfast 11/13
	Cinnamon Roll	Pancakes	Cinnamon Toast Crunch Bar	Turkey Sausage Breakfast Pizza	French Toast
	<b><u>COLD ENTRÉE</u></b> Assorted Cereal + Cheese Stick	<b><u>COLD ENTRÉE</u></b> Graham Cracker + Yogurt	<b><u>COLD ENTRÉE</u></b> Assorted Cereal + Cheese Stick	<b><u>COLD ENTRÉE</u></b> Graham Cracker + Yogurt	<b><u>COLD ENTRÉE</u></b> Assorted Cereal + Cheese Stick

Entrée – choose 1	Monday Lunch 11/9	Tuesday Lunch 11/10	Wednesday Lunch 11/11	Thursday Lunch 11/12	Friday Lunch 11/13
	**Macaroni & Cheese + Bread	Turkey Hot Dog on Bun (only served to grades K-12)	**Cheese & Bean Wrap	Cheeseburger on Bun	Cook's Choice Chicken + Bread
	<b><u>COLD ENTRÉE</u></b> Turkey Sticks & Cheez-its	<b><u>COLD ENTRÉE</u></b> **Garden Salad with Egg & Cheese + Bread	<b><u>COLD ENTRÉE</u></b> Turkey Salami & Cheese Sub	<b><u>COLD ENTRÉE</u></b> **WOW Soy Butter & Jelly Sandwich	<b><u>COLD ENTRÉE</u></b> **2 Peeps (hard-boiled eggs) + Graham Crackers
Vegetable and Fruit	Vegetable and Fruit	Vegetable and Fruit	Vegetable and Fruit	Vegetable and Fruit	

WEEK 2

Fruit will be offered at breakfast during school days (not for non-school days). Children will have a choice to pick up one juice and one milk at breakfast on school days. Children will also be given a choice of one milk (1% low fat white milk or fat-free chocolate milk) at lunch on school days (not for non-school days). A complete meal is free for all students under the Community Eligibility Provision. Nutrient content and ingredients are available online: [CCSOH.US>Food Services and Menus>Itemized Food List](https://ccsoh.us/food-services-and-menus/itemized-food-list).

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# Fuel Up Menu 2020



	<b>Saturday (Week 1) 11/7</b>	<b>Sunday (Week 1) 11/8</b>		<b>Saturday (Week 2) 11/14</b>	<b>Sunday (Week 2) 11/15</b>
	<b><u>BREAKFAST</u></b>  Muffins + Fruit	<b><u>BREAKFAST</u></b>  Wheat Crackers + Sun Butter + Jelly + Fruit		<b><u>BREAKFAST</u></b>  Wheat Crackers + Sun Butter + Jelly + Fruit	<b><u>BREAKFAST</u></b>  Muffins + Fruit
	<b><u>LUNCH</u></b>  Chicken Salad + Cheese + Wheat Crackers Cherry Star Juice + Fruit	<b><u>LUNCH</u></b>  **Cheddar Bits + Soft Pretzel Cherry Star Juice + Fruit		<b><u>LUNCH</u></b>  Chicken Soft Taco Cherry Star Juice + Fruit	<b><u>LUNCH</u></b>  **Toasted Cheese Sandwich Cherry Star Juice + Fruit

WEEKEND MENU (WEEK 1 and WEEK 2)

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