COLUMBUS CITY SCHOOLS

CCS 5-Day Remote Learning Menu SY 2020-21

Breakfast 1	Breakfast 2	Breakfast 3	Breakfast 4	Breakfast 5
1/2 cup 100% Juice	1/2 cup 100% Juice	1/2 cup 100% Juice	1/2 cup 100% Juice	1/2 cup 100% Juice
Apple Jacks or Froot Loops Cereal Giant Goldfish Grahams	Apple Jacks or Froot Loops Cereal Giant Goldfish Grahams	Apple Jacks or Froot Loops Cereal Giant Goldfish Grahams	Apple Jacks or Froot Loops Cereal Giant Goldfish Grahams	Apple Jacks or Froot Loops Cereal Giant Goldfish Grahams

Lunch 1	Lunch 2	Lunch 3	Lunch 4	Lunch 5
Fruit Cup (1/2 cup)*	Fruit Cup (1/2 cup)*	Fruit Cup (1/2 cup)*	Fruit Cup (1/2 cup)*	Fruit Cup (1/2 cup)*
Chicken Salad (2)	Turkey Sticks and Cheese Cup	Refried Beans	Beef Sticks and Cheese Cup	Sun Butter (1)
Whole Grain Cheez-Its (2)	Pretzels (2)	Tortilla Strips (2)	Wheat Crackers (2)	Pretzels (2)
Mashed Potatoes 1 cup	Veggie Cup (1/2 cup)**	Salsa Cup (1/2 cup)	Veggie Cup (1/2 cup)**	Veggie Cup (1/2 cup)**
		Veggie Cup (1/2 cup)**		

*Applesauce, peaches or pears
**Carrots, corn , green beans , peas

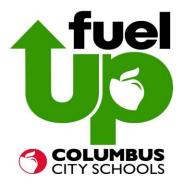| USDA Food Component	Student Breakfast Amounts	Student Lunch Amounts
Fruit	minimum 1/2 cup equivalent	up to 1 cup equivalent
Vegetable	not provided	up to 1 cup equivalent
Grain	2 oz. equivalent	2 oz. equivalent
Meat/Meat Alternative	optional with grain	2 oz. equivalent

All items are shelf stable and require no refrigeration except for optional milk. Pork, seafood, and nut-containing products are not offered.
Menu is subject to change.
This institution is an equal opportunity provider, employer, and lender.

Revised 2/26/2021

fuel up

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