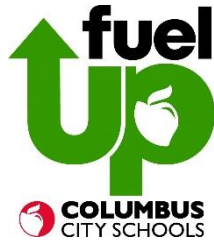
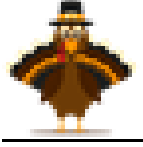


FUEL UP MENU



Saturday (Week 1) 11/21	Sunday (Week 1) 11/22	Monday 11/23	Tuesday 11/24	Wednesday-Sunday 11/25-11/29
<u>BREAKFAST</u> Muffins + Fruit	<u>BREAKFAST</u> Wheat Crackers + Sun Butter + Jelly + Fruit	<u>BREAKFAST</u> Cinnamon Roll or Assorted Cereal + Cheese Stick	<u>BREAKFAST</u> Pancakes or Graham Cracker + Yogurt	 NO SCHOOL
<u>LUNCH</u> **Toasted Cheese Sandwich Cherry Star Juice + Fruit	<u>LUNCH</u> **Cheddar Bits + Soft Pretzel Cherry Star Juice + Fruit	<u>LUNCH – Choose 1</u> **Macaroni & Cheese + Bread or Turkey Sticks & Cheez-its	<u>LUNCH – Choose 1</u> Turkey Hot Dog on Bun (only served to grades K-12) or **Garden Salad with Egg & Cheese + Bread	
		Vegetable and Fruit	Vegetable and Fruit	

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 and 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 11/5/2020