

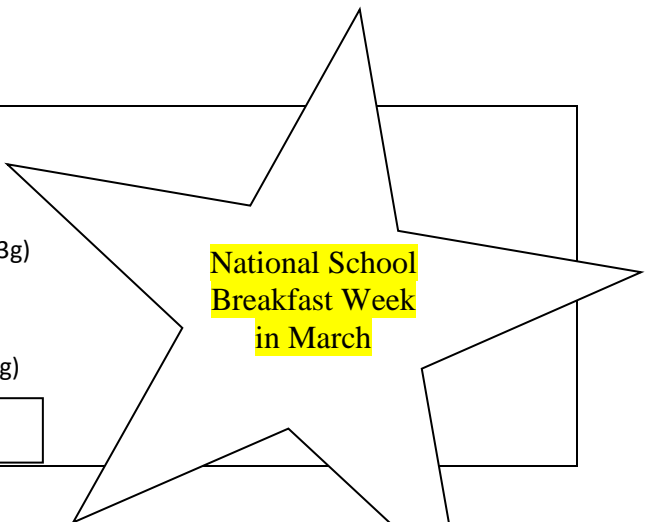
Secondary School Classroom Menu SY 2020 -21

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.



**National School
Breakfast Week
in March**

LUNCH

	Cohort A Monday 3/1	Cohort A Tuesday 3/2		Cohort B Thursday 3/4	Cohort B Friday 3/5
Entrée – choose 1	NO CLASSES AT SCHOOL	NO CLASSES AT SCHOOL	Wed 3/3 NO SCHOOL Pick up 5-day meal pack at a Fuel Up site.	**Four Cheese Pizza (35g) <u>COLD ENTRÉE</u> Turkey & Cheese Sub (29g) Vegetable and Fruit	Chili Cheese Dog Bun (26g) <u>COLD ENTRÉE</u> **2 Yogurts (28g) & 2 Muffins (56-58g) Vegetable and Fruit

WEEK 1

	Cohort A Monday 3/8	Cohort A Tuesday 3/9		Cohort B Thursday 3/11	Cohort B Friday 3/12
Entrée – choose 1	Southwest Burger on Bun (26g) <u>COLD ENTREE</u> **Veg Out Sub (39g)	Chicken and Cheese Taquitos (30g) <u>COLD ENTREE</u> **Super Garden Salad (16g) & 2 Cheez-its (28g)	Wed 3/10 NO CLASSES AT SCHOOL Pick up 5-day meal pack at a Fuel Up site.	Southwest Burger on Bun (26g) <u>COLD ENTREE</u> **Veg Out Sub (39g)	Chicken and Cheese Taquitos (30g) <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>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 2/19/2021

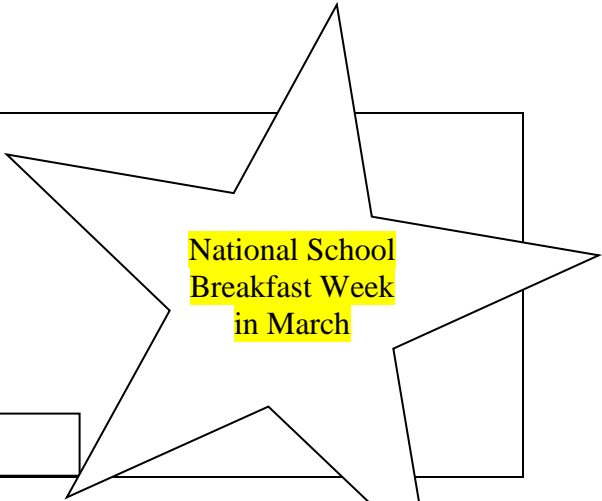
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 Cheese Stick (1g) Muffins (26-29g)
 Graham Cracker (19g) Yogurt (14g)
 1% low fat white milk (12g) or fat-free chocolate milk (22g)

Must choose juice or fruit with breakfast.



LUNCH

	Cohort A Monday 3/15	Cohort A Tuesday 3/16		Cohort B Thursday 3/18	Cohort B Friday 3/19
Entrée – choose 1	**Three Bean Chili with Cheese (22g) and Cornbread	Hamburger on Bun (26g)	Wed 3/17 NO CLASSES AT SCHOOL Pick up 5-day meal pack at a Fuel Up site.	**Three Bean Chili with Cheese (22g) and Cornbread	Hamburger on Bun (26g)
	<u>COLD ENTREE</u> Turkey & Cheese Sub (29g)	<u>COLD ENTREE</u> **Cheese (0-2g) + 2 Muffins (56-58g)		<u>COLD ENTREE</u> Turkey & Cheese Sub (29g)	<u>COLD ENTREE</u> **Cheese (0-2g) + 2 Muffins (56-58g)
	Vegetable and Fruit	Vegetable and Fruit		Vegetable and Fruit	Vegetable and Fruit

WEEK 3

	Cohort A Monday 3/22	Cohort A Tuesday 3/23		Cohort B Thursday 3/25	Cohort B Friday 3/26
Entrée – choose 1	Turkey/Gravy (2g) and Potato (18g) & Cornbread	Taco Salad (29g) and Cornbread	Wed 3/24 NO CLASSES AT SCHOOL Pick up 5-day meal pack at a Fuel Up site.	Turkey/Gravy (2g) and Potato (18g) & Cornbread	Taco Salad (29g) and Cornbread
	<u>COLD ENTREE</u> **WOW Soy Butter and Jelly Sandwich (55g)	<u>COLD ENTREE</u> **Veg Out Sub (39g)		<u>COLD ENTREE</u> **WOW Soy Butter and Jelly Sandwich (55g)	<u>COLD ENTREE</u> **Veg Out Sub (39g)
	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>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 2/19/2021