



K-8 Lunch **SEPTEMBER 2020**

Cleveland Metropolitan School District

Monday	Tuesday	Wednesday	Thursday	Friday
7  LABOR DAY All Facilities Closed *Students can pick up meal for today on Friday 9/4 from Summer Meal Sites*	8 -Pepperoni Pizza Strips OR Galaxy Pizza -Mini Carrots -Spaghetti Sauce -Pineapple Cup -Fresh Fruit -Milk First Day of School 🍌	9 Pick-up on Tuesday -Italian Turkey Sub OR PB&J Sandwich -Beans -Corn -Applesauce -Fresh Fruit -Milk	10 -Make-your-own Pizza OR Make-your-own Turkey and Cheese -Carrots & Celery -Green Beans -Peach Cup -Fresh Fruit -Milk	11 -Turkey & Cheese Sandwich OR Bologna Sandwich -Mini Carrots -Broccoli -Applesauce -Fresh Fruit -Milk
14 -Roast Beef Sandwich OR Breakfast on a Stick (x2) -Green Beans -Grape Tomatoes -Strawberry-Kiwi Fruit Slushie -Fresh Fruit -Milk	15 -Pepperoni Pizza Strips OR Galaxy Pizza -Mini Carrots -Spaghetti Sauce -Peach Cup -Fresh Fruit -Milk Celebrate National Hispanic Heritage Month 	16 Pick-up on Tuesday -Pizzaboli with Cheese stick OR Bologna Sandwich -Beans -Corn -Blueberry Cup -Fresh Fruit -Milk	17 - Chicken and Waffle Sandwich(x2) OR Mac'n'Cheese -Carrots & Celery -Green Beans -Pear Cup -Fresh Fruit* -Milk	18 -Make-your-own Turkey & Cheese OR PB&J Sandwich -Mini Carrots* -Broccoli -Mandarin Orange Cup -Fresh Fruit* -Milk
21 - Turkey Ham & Cheese Sandwich OR Grilled Cheese Sandwich -Green Beans -Grape Tomatoes* -Mixed Berry Cup* -Fresh Fruit* -Milk	22 -Pizzaboli with Cheese stick OR Bologna Sandwich -Mini Carrots -Spaghetti Sauce -Strawberry Cup -Fresh Fruit -Milk	23 Pick-up on Tuesday -Make-your-own Turkey & Cheese OR PB&J Sandwich -Beans -Corn -Apricot Cup -Fresh Fruit -Milk	24 - Beef Pasta OR Mac'n'Cheese -Carrots & Celery -Green Beans -Applesauce -Fresh Fruit -Milk	25 -Chicken, Turkey, Ham Sandwich OR PB&J Sandwich -Mini Carrots -Broccoli -Blueberry Cup -Fresh Fruit -Milk Comic Book Day 📖💥
28 -Mac'n'Cheese OR Grilled Cheese -Green Beans -Grape Tomatoes -Craisins -Fresh Fruit -Milk	29 -Galaxy Pizza OR Pizzaboli with Cheese stick -Mini Carrots -Spaghetti Sauce -Pear Cup -Fresh Fruit -Milk	30 Pick-up on Tuesday -Chicken, Turkey, Ham Sandwich OR PB&J Sandwich -Beans -Corn -Fruit Cocktail Cup -Fresh Fruit -Milk Elie Wiesel's Birthday 🎂	**All items are pre-cooked and safe to eat immediately. Instructions for reheating and storing food can be found on the back of this menu***	

PLEASE NOTE:
Schools are closed for cleaning on Wednesdays.
Students will receive Wednesday's meals on Tuesday.

Lunch Meal Pattern:
 1 serving grain
 2 oz protein
 ¼ cup fruit/vegetable
 1 cup milk

Fresh Fruit
 Apple
 Banana
 Other Seasonal Fruits

Milk Choices
 Fat-Free Chocolate
 Fat-Free Strawberry
 1% White

Birthday Buzz: Elie Wiesel
 Elie Wiesel is a Romanian-born American author, professor, and Holocaust survivor. He wrote 57 books that have been translated into 30 languages. He received the Nobel Peace Prize for his lifetime commitment to speaking out against violence, oppression, and racism.

AT HOME REHEATING INSTRUCTIONS (INDICATES PREFERRED REHEATING METHOD)**

If foods are not to be eaten immediately, please store in refrigerator or freezer. If refrigerated, discard if not used in 7 days.

Breakfast Menu Items

Breakfast items do not require any heating and are Ready To Eat

ALL FOOD ITEMS NEED TO BE HEATED TO A MINIMUM INTERNAL TEMPERATURE OF 165°F FOR OPTIMAL FOOD SAFETY!

Lunch Entrée Menu Items

Oven or Stovetop Instructions

Microwave Instructions

Chicken and Waffle Sandwich /Galaxy Pizza/Grilled Cheese/ Beef and Pasta/ Macaroni and Cheese/Breakfast on a Stick

Leave in packaging or unwrap and place on baking sheet. Bake at 350°F for 8-10 minutes, until heated through**

Remove from packaging. Wrap in paper towel and place on microwave safe plate. Heat 2-3 minutes.

Vegetable Items

Oven or Stovetop Instructions

Microwave Instructions

Beans/Corn/Green Beans

Remove from packaging. Place in small saucepan. Add 2 TBSP water, Boil until heated through.

Remove lid, pour contents into microwave safe container. Heat 2-3 minutes, stirring halfway through.**

PLEASE DISCARD ANY FOOD LEFT AT ROOM TEMPERATURE MORE THAN 2 HOURS DUE TO POTENTIAL SAFETY RISK.