



CLEVELAND METROPOLITAN SCHOOL DISTRICT SCHOOL MENU

SECONDARY SCHOOLS

February 2010

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Milk Choices: Breakfast: Skim-White (13g), 1% White (13g), 1% Strawberry (28g) Lunch: Skim-White (13g), 1% White (13g), 1% Chocolate (31g), 1% Strawberry (28g) Number listed after item represents grams(g) of carbohydrates it contains: (N) may contain peanuts, nuts or tree nuts WG-Whole Grain WW Whole Wheat</p> <p>OFFER VS SERVE For Breakfast MAY SELECT 3 or 4 stars (★) For Lunch MAY SELECT 3, 4 or 5 stars (★)</p>				
1	2	3	4	5
<p>BREAKFAST</p> <ul style="list-style-type: none"> ★★Grab & Go Cold Breakfast or ★★Beef Sausage on Biscuit 26g ★Grape Juice 18g ★Fresh Fruit 15g ★Fruit Cup 22g ★Choice of Milk <p>LUNCH</p> <ul style="list-style-type: none"> ★★WG Wedge Pepperoni Pizza 45g or ★★Hamburger w/ Works 30g or ★★Chicken Tender Salad 12.5g ★WW Dinner Roll 13g ★Choice of Milk 	<p>BREAKFAST</p> <ul style="list-style-type: none"> ★★Grab & Go Cold Breakfast or ★★Manager's Choice Hot Breakfast ★Orange-Pineapple Juice 15g ★Fresh Fruit 15g ★Fruit Cup 22g ★Choice of Milk <p>LUNCH</p> <ul style="list-style-type: none"> ★★Breaded Fish Pollock on a WG Bun 38g or ★Turkey Pot Pie Filling 11g Over ★ Mashed Potatoes 20g or ★★Chef Salad w/ Ham 6.7g ★ WG Sweet Potato Muffin 25g ★Choice of Milk 	<p>BREAKFAST</p> <ul style="list-style-type: none"> ★★Grab & Go Cold Breakfast or ★★WG French Toast Sticks w/ Syrup & Pork Sausage 54g ★Orange Juice 14g ★Fresh Fruit 15g ★Fruit Cup 22g ★Choice of Milk <p>LUNCH</p> <ul style="list-style-type: none"> ★★Toasted Cheese Sandwich on WW Bread 23.5g or ★★Meatball Sandwich 37g or ★★Chicken Fajita Salad 6.8g ★Breadstick 28g ★Choice of Milk 	<p>BREAKFAST</p> <ul style="list-style-type: none"> ★★Grab & Go Cold Breakfast or ★★WG Breakfast on a Stick (Turkey) 21g ★Apple Juice 14g ★Fresh Fruit 15g ★Fruit Cup 22g ★Choice of Milk <p>LUNCH</p> <ul style="list-style-type: none"> ★★Chicken Patty on WG Bun 36g or ★★WG Cheese Quesadilla w/ Salsa 34g or ★★Chef Salad w/ Turkey 8.5g ★Cornbread Jalapeno Muffin 27g ★Choice of Milk 	<p>BREAKFAST</p> <ul style="list-style-type: none"> ★★Grab & Go Cold Breakfast ★★Cinnamon Cream Cheese Breakfast Stick 29g ★Orange Juice 14g ★Fresh Fruit 15g ★Fruit Cup 22g ★Choice of Milk <p>LUNCH</p> <ul style="list-style-type: none"> ★★Beef & Cheese Taco Snack w/ Salsa 38g or ★★Manager's Choice Sandwich or ★★Spicy Chicken Strip Salad 12g ★ WW Dinner Roll 13g ★ Choice of Milk
8	9	10	11	12
<p>BREAKFAST</p> <ul style="list-style-type: none"> ★★Grab & Go Cold Breakfast or ★★ WG Cinnamon Glazed French Toast Slices 32g ★Apple Juice 14g ★Fresh Fruit 15g ★Fruit Cup 22g ★Choice of Milk <p>LUNCH</p> <ul style="list-style-type: none"> ★★ Beef Chili 12g ★ Crackers 2-4 Packs 13g or ★★ Chicken Patty on WG Bun 36g or ★★ Chef Salad w/ Turkey 8.5g ★Cornbread Jalapeno Muffin 27g ★Choice of Milk 	<p>BREAKFAST</p> <ul style="list-style-type: none"> ★★Grab & Go Cold Breakfast or ★★Ham (PK) & Cheese Breakfast Pizza 43g ★Orange-Pineapple Juice 15g ★Fresh Fruit 15g ★Fruit Cup 22g ★Choice of Milk <p>LUNCH</p> <ul style="list-style-type: none"> ★★WG Wedge Pepperoni Pizza 45g or ★★Salisbury Steak on WG Bun 26g or ★★Spicy Chicken Strip Salad 12g ★WG Sweet Potato Muffin 25g ★Choice of Milk 	<p>BREAKFAST</p> <ul style="list-style-type: none"> ★★Grab & Go Cold Breakfast or ★★WG French Toast Sticks w/ Syrup & Pork Sausage 54g ★Apple Juice 14g ★Fresh Fruit 15g ★Fruit Cup 22g ★Choice of Milk <p>LUNCH</p> <ul style="list-style-type: none"> ★★BBQ Pork on a WG Bun 42g or ★★Chili Cheese Fries 30g or ★★ Chicken Tender Salad 12.5g ★Breadstick 28g ★Choice of Milk 	<p>BREAKFAST</p> <ul style="list-style-type: none"> ★★Grab & Go Cold Breakfast or ★★Sausage (PK) & Gravy Breakfast Pizza 25g ★Orange Juice 14g ★Fresh Fruit 15g ★Fruit Cup 22g ★Choice of Milk <p>LUNCH</p> <ul style="list-style-type: none"> ★★Turkey Dog in WG Wrap 26g or ★★Pizza Burger on WG Bun 14g or ★★Chef Salad w/ Ham 6.7g ★WW Dinner Roll 13g ★Choice of Milk 	<p>Professional Day No Students</p>
15	16	17	18	19
<p>President's Day All Facilities are Closed</p>	<p>BREAKFAST</p> <ul style="list-style-type: none"> ★★ Grab & Go Cold Breakfast or ★★Ham (PK) & Cheese Breakfast Pizza 43g ★Apple Juice 14g ★Fresh Fruit 15g ★Fruit Cup 22g ★Choice of Milk <p>LUNCH</p> <ul style="list-style-type: none"> ★★Pork Rib Patty on a WG Bun 28g or ★★Mandarin Chicken over Vegetable Fried Rice 31g or ★★Chef Salad w/ Turkey 8.5g ★ Cornbread Jalapeno Muffin 27g ★ Choice of Milk 	<p>BREAKFAST</p> <ul style="list-style-type: none"> ★★Grab & Go Cold Breakfast or ★★WG French Toast Sticks w/ Syrup & Pork Sausage 54g ★Orange Juice 14g ★Fresh Fruit 15g ★Fruit Cup 22g ★Choice of Milk <p>LUNCH</p> <ul style="list-style-type: none"> ★★Breaded Fish Pollock on a WG Bun 38g or ★★Southwest Pizza 33g or ★★Chef Salad e/ Egg 6.5g ★Breadstick 28g ★Choice of Milk 	<p>BREAKFAST</p> <ul style="list-style-type: none"> ★★Grab & Go Cold Breakfast or ★★Beef Sausage on a Biscuit 26g ★Grape Juice 18g ★Fresh Fruit 15g ★Fruit Cup 22g ★Choice of Milk <p>LUNCH</p> <ul style="list-style-type: none"> ★★Spicy Chicken Burrito/ Salsa 42g or ★★Manager's Choice Sandwich or ★★Meatless Chef Salad 6.5g ★WG Sweet Potato Muffin 25g ★Choice of Milk 	<p>BREAKFAST</p> <ul style="list-style-type: none"> ★★Grab & Go Cold Breakfast ★★Chicken on a Biscuit 30g ★Apple Juice 14g ★Fresh Fruit 15g ★Fruit Cup 22g ★Choice of Milk <p>LUNCH</p> <ul style="list-style-type: none"> ★★Beef Chili w/ 12g ★Cracker 2-4 Packs 13g or ★★Breaded Mozzarella Sticks w/ Spaghetti Sauce 35g or ★★Chicken Tender Salad 12.5g ★Breadstick 28g ★Choice of Milk
22	23	24	25	26
<p>BREAKFAST</p> <ul style="list-style-type: none"> ★★Grab & Go Cold Breakfast or ★★WG Cinnamon Snak'n Waffle 33g ★Orange Juice 14g ★Fresh Fruit 15g ★Fruit Cup 22g ★Choice of Milk <p>LUNCH</p> <ul style="list-style-type: none"> ★★BBQ Pork on WG Bun 42g or ★★Turkey Corn Dog Nuggets 33g or ★★Meatless Chef Salad 6.5g ★ WG Sweet Potato 25 ★Choice of Milk 	<p>BREAKFAST</p> <ul style="list-style-type: none"> ★★Grab & Go Cold Breakfast or ★★Turkey Sausage Breakfast Bagel Pizza 19g ★Apple Juice 14g ★Fresh Fruit 15g ★Fruit Cup 22g ★Choice of Milk <p>LUNCH</p> <ul style="list-style-type: none"> ★★Chili Dog 9g or ★★Round Thick Crust Cheese Pizza 34g or ★★Chicken Tender Salad 12.5g ★Breadstick 28g ★Choice of Milk 	<p>BREAKFAST</p> <ul style="list-style-type: none"> ★★Grab & Go Cold Breakfast or ★★WG French Toast Sticks w/ Syrup & Pork Sausage 54g ★Grape Juice 18g ★Fresh Fruit 15g ★Fruit Cup 22g ★Choice of Milk <p>LUNCH</p> <ul style="list-style-type: none"> ★★WG Pasta w/ Meat Sauce 30g ★Cornbread Jalapeno Muffin 27g or ★★Charbroiled Cheeseburger on WG Bun 24g or ★★Chef Salad w/ Ham 6.7g ★Cornbread Jalapeno Muffin 27g ★Choice of Milk 	<p>BREAKFAST</p> <ul style="list-style-type: none"> ★★Grab & Go Cold Breakfast Or or ★★WG Breakfast on a Stick (Turkey) 21g ★Orange Juice 14g ★Fresh Fruit 15g ★Fruit Cup 22g ★Choice of Milk <p>LUNCH</p> <ul style="list-style-type: none"> ★★Ham & Cheese Stromboli w/ Spaghetti Sauce 39g or ★Turkey Sausage Wedge Pizza 34g or ★★Spicy Chicken Strip Salad 12g ★WW Dinner Roll 13g ★Choice of Milk 	<p>BREAKFAST</p> <ul style="list-style-type: none"> ★★Grab & Go Cold Breakfast or ★★Cinnamon Cream Cheese Breakfast Stick 29g ★Orange-Pineapple Juice 15g ★Fresh Fruit 15g ★Fruit Cup 22g ★Choice of Milk <p>LUNCH</p> <ul style="list-style-type: none"> ★★Salisbury Steak on WG Bun 25g or ★★Toasted Cheese Sandwich on WW Bread 30g or ★★Manager's Choice Salad ★ Breadstick 28g ★Choice of Milk

The primary goal of the Cleveland Metropolitan School District is to become a premier school district in the United States of America.

Menu May Change Due to Availability of Product.

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