

January 2023



*CARYLWOOD &
COLUMBUS
INTERMEDIATE
SCHOOLS
GRADES 3, 4, & 5*

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Cinn Toast Crunch Soft Bar Applesauce Cup Apple Juice Low Fat Milk-Variety	Dream Waffle Fresh Orange Quarters Orange Juice Low Fat Milk-Variety	Cereal Bar Fresh Grapes Apple Juice Low Fat Milk-Variety	Strawberry Cream Cheese Mini Bagel Fresh Banana Orange Juice Low Fat Milk-Variety	Apple Frudel Raisins Apple Juice Low Fat Milk-Variety	Cal 494 T.Fat 8.47 G S.Fat 3.4 G Chol 19.5 Mg Sodm 388.80 Mg

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
2 School Resumes from Winter Break on Wednesday, January 4, 2023 Welcome back everyone!	3	4 Taco Stick Salsa Cup Green Beans Applesauce Cup Low Fat Milk-Variety	5 Cheeseburger Minis Vegetarian Baked Beans Potato Smiles Strawberries Low Fat Milk-Variety	6 Domino's Pizza Garden Salad & Dressing Carrot Sticks Apple Juice Low Fat Milk-Variety	Cal 708 T.Fat 17.98 G S.Fat 7.5 G Chol 50.1 Mg Sodm 1110.96 Mg Carb 108.71 G Fiber 8.8 G
9 Cheese Bites Marinara Cup Green Beans Pineapple Tidbits Low Fat Milk-Variety	10 Ham and Cheese Stuffer Broccoli and Dip Carrot Sticks Strawberry Kiwi Slushie Low Fat Milk-Variety	11 Bearcat Pizza Bagel Garden Salad & Dressing Mango Wango Juice Applesauce Cup Low Fat Milk-Variety	12 Chicken Drumstick Goldfish Corn Sweet Potatoes Fresh Apple Slices bag Low Fat Milk-Variety	13 Domino's Pizza Chick Pea Salad Carrot Sticks Mixed Fruit Juice 100% Low Fat Milk-Variety	Cal 645 T.Fat 18.66 G S.Fat 6.9 G Chol 41.2 Mg Sodm 1014.55 Mg Carb 93.10 G Fiber 8.0 G

Free and Reduced meals are available to all children who may qualify. If you think you may be eligible, or if your income situation has changed, you can apply at anytime. Simply fill out a current 2022-2023 application or go to the district website on the Nutrition page and click on the online application link anywhere, anytime on the Titan Family Portal. If you have any questions about the Free and Reduced meal program please call 440-439-4530.

Ingredients and menu items are subject to change or substitution without notice.


"This Institution is an equal opportunity provider."



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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
16 NO SCHOOL TODAY! MARTIN LUTHER KING, JR. DAY 	17 Crazy Cheese Bread Marinara Cups Corn Applesauce Cup Low Fat Milk-Variety	18 Corn Dog Cool Cucumber & Tomato w/ Lite Dip Carrot Sticks Chilled Pears Low Fat Milk-Variety	19 Walking Taco Fiesta Bean Salad Fresh Orange Quarters Low Fat Milk-Variety	20 Domino's Pizza Walking Salad with Lite Dip Cherry Slushie Applesauce Cup Low Fat Milk-Variety	Cal 679 T.Fat 16.20 G S.Fat 5.6 G Chol 51.2 Mg Sodm 1090.31 Mg Carb 106.15 G Fiber 8.6 G Prtn 29.70 G
23 Sloppy SCOOPS Broccoli and Dip Carrot Sticks Apple Juice Low Fat Milk-Variety	24 Chicken Patty on Bun Potato Smiles Vegetarian Baked Beans Chilled Peaches Low Fat Milk-Variety	25 Cheese Quesadilla Salsa Cup Corn Chilled Mandarin Oranges Low Fat Milk-Variety	26 Chicken Fingers w/ BBQ sauce Garden Salad & Dressing Carrot Sticks Fresh Apple Slices bag Low Fat Milk-Variety	27 Domino's Pizza Red Veg Plate Green Beans Mixed Fruit Cup Low Fat Milk-Variety	Cal 698 T.Fat 18.71 G S.Fat 5.6 G Chol 47.1 Mg Sodm 1350.54 Mg Carb 102.95 G Fiber 8.5 G Prtn 32.24 G
30 Crazy Cheese Bread Marinara Cups Corn Applesauce Cup Low Fat Milk-Variety	31 Chili w/ Cheese Corn Loaf Celery Sticks Carrot Sticks Ranch Dip Low Fat Milk-Variety	1 FEBRUARY Chicken Tender Wrap Broccoli and Dip Carrot Sticks Fresh Apple Slices bag Low Fat Milk-Variety	2 Cheeseburger Minis Vegetarian Baked Beans Potato Smiles Strawberries Low Fat Milk-Variety	3 Domino's Pizza Garden Salad & Dressing Carrot Sticks Apple Juice Low Fat Milk-Variety	Cal 748 T.Fat 22.10 G S.Fat 7.5 G Chol 60.5 Mg Sodm 1216.40 Mg Carb 110.28 G Fiber 9.2 G Prtn 31.25 G

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