



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

<b>3</b> Pop Tart Applesauce Cup Apple Juice Low Fat Milk-Variety	<b>4</b> Donut Holes Fresh Apple Slices bag Orange Juice Low Fat Milk-Variety	<b>5</b> Campfire S'more Bar Peach Cup Apple Juice Low Fat Milk-Variety	<b>6</b> Breakfast Bread Slice Fresh Banana Orange Juice Low Fat Milk-Variety	<b>7</b> Dream Waffle Raisins Apple Juice Low Fat Milk-Variety	Cal 503 T.Fat 9.82 G S.Fat 3.8 G Chol 16.5 Mg
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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<b>3</b> Cheese Bites Marinara Cup Veggie California Blend Pineapple Tidbits Low Fat Milk-Variety	<b>4</b> Honey BBQ Beef Rib/Bun Broccoli Carrot Sticks Strawberry Kiwi Slushie Low Fat Milk-Variety	<b>5</b> Hot Dog (turkey) on Bun w/ condiments Garden Salad & Dressing Mango Wango Juice Applesauce Cup Low Fat Milk-Variety	<b>6</b> Taco Stick Salsa Cup Fiesta Bean Salad Pineapple Tidbits Low Fat Milk-Variety	<b>7</b> NO SCHOOL TODAY!  GOOD FRIDAY!	Cal 629 T.Fat 16.51 G S.Fat 6.3 G Chol 45.2 Mg Sodm 1065.44 Mg Carb 92.02 G Fiber 9.0 G Prtn 29.53 G
<b>10</b> NO SCHOOL TODAY!  EASTER MONDAY!	<b>11</b> (Turkey) Ham and Cheese Stuffer Carrot Sticks Corn Fruit Cocktail Low Fat Milk-Variety	<b>12</b> Bearcat Pizza Bagel Cool Cucumber & Tomato w/ Lite Dip Carrot Sticks Chilled Pears Low Fat Milk-Variety	<b>13</b> Walking Taco Salsa Cup Fiesta Bean Salad Fresh Orange Quarters Low Fat Milk-Variety	<b>14</b> Domino's Pizza Walking Salad with Lite Dip Green Beans Applesauce Cup Low Fat Milk-Variety	Cal 625 T.Fat 16.89 G S.Fat 6.6 G Chol 48.2 Mg Sodm 988.63 Mg Carb 93.47 G Fiber 8.7 G Prtn 29.69 G

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

\* Denotes Item Contains Pork

"This Institution is an equal opportunity provider."

**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.**

# April 2023



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

APRIL 22, 2023

\* Denotes Item Contains Pork

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<b>17</b> Rotini Pasta w/ Meat Sauce Garlic Twist Green Beans Apple Juice Low Fat Milk-Variety	<b>18</b> Oven Fried Chicken Drumstick Scalloped Potatoes Carrot Sticks Applesauce Cup Low Fat Milk-Variety	<b>19</b> Grilled Cheese Corn Chick Pea Salad Pineapple Tidbits Low Fat Milk-Variety	<b>20</b> Chicken Fingers w/ BBQ sauce Garden Salad & Dressing Carrot Sticks Fresh Apple Slices bag Low Fat Milk-Variety	<b>21</b> Personal Pan Pizza Broccoli and Dip Carrot Sticks Mixed Fruit Cup Farmers Market Cookies Low Fat Milk-Variety  	Cal 666 T.Fat 18.87 G S.Fat 5.9 G Chol 52.9 Mg Sodm 1215.74 Mg Carb 96.77 G Fiber 8.4 G Prtn 31.14 G Iron 3.37 Mg Calc 477.17 Mg Vit A 17.87 RE Vit C 37.99 Mg
<b>24</b> Corn Puppies (turkey) & Condiments Corn Sweet Potato Fries Applesauce Cup Low Fat Milk-Variety	<b>25</b> CHEETO Macaroni & Cheese Green Beans Carrot Sticks Chilled Pears Low Fat Milk-Variety	<b>26</b> Orange Chicken w/ Brown Rice Broccoli Carrot Sticks Chilled Mandarin Oranges Low Fat Milk-Variety	<b>27</b> Cheeseburger Minis Vegetarian Baked Beans Potato Smiles Blue-Raspberry Cup Low Fat Milk-Variety	<b>28</b> Domino's Pizza Garden Salad & Dressing Carrot Sticks Apple Juice Low Fat Milk-Variety	Cal 698 T.Fat 17.37 G S.Fat 5.7 G Chol 44.4 Mg Sodm 1116.76 Mg Carb 111.58 G Fiber 9.4 G Prtn 29.46 G Iron 3.25 Mg Calc 556.53 Mg Vit A 32.27 RE Vit C 60.55 Mg

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*To demonstrate earth friendly service options Nutrition Services will provide a plate lunch meal on 4/21 designed to reduce the amount of energy, paper and styro foam we use. So take some time tonight to consider as a family the impact of your family's carbon footprint on the earth. Just one step at a time can move the world, PLEASE.... REDUCE, REUSE AND RECYCLE!*

