CPS Grab-and-Go Meal Service

Updated Routes and Information Effective October 1, 2020

Our grab-and-go meal delivery for students began September 8, 2020. Buses run multiple stop routes Monday-Friday according to the school district calendar. Stops last a maximum of 15 minutes. Stops are not school specific, but rather designed regionally to include as many high-need areas as possible. Please find the stop closest to you and go there with your student at the designated time.

Students ages 2-18 can obtain a meal. Adults may pick up meals for students who are unable to do so. A student number is not required for each student meal set that is obtained. If a child is not enrolled at CPS, we will need a know the child’s name, and parent/guardian name and contact information. We ask that you practice social distancing while at the stop. Both breakfast and lunch will be packed as a Grab-and-Go bag. Students may select a sack meal that includes breakfast and lunch, one milk and a fruit and/or vegetable. Meals contain some perishable and some non-perishable items. Please adhere to disposal and refrigeration instructions for perishable items.

Due to the unpredictable nature of our governmental directives in this time of uncertainty and/or due to an internal control that may have to be enacted, services may be forced to discontinue at a moment’s notice. We apologize in advance if we are forced to take this plan of action.

IMPORTANT CHANGES!

Note all routes may have some time changes. Please note times carefully.

Route: 1 ALPHA HART LEWIS

Northern Schools: Alpha, Blue Ridge, Derby Ridge, Lange MS, Midway, Oakland MS, Parkade, Paxton, Smithton, West MS, West Blvd.

9:00-9:16 am    GREEN HILLS TRAILER PARK @ GREEN HILLS TRL CT-2ND ENT
9:22-9:37 am    CRESENT MEADOWS TRAILER PARK @ MEADOW BROOK DR.
9:38-9:49 am    KENT DR N @ ALAN CIR E (NEW)
9:50-10:00 am   BULRUSH DR E @ GREGORY DR N (NEW)
10:01-10:16 am  TERESA DR N @ VICKIE DR N
10:22-10:37 am  GREELEY DR @ PRAIRIE RIDGE ST
10:38-10:48 am  4916 BROWN STATION RD (TUBES WHEEL) (NEW)
10:48-10:58 am  JAMESDALE @ BROWN STATION RD (NEW)
10:59-11:04 am  3304 PREMIER LN N
11:04-11:09 am  PARK VILLAGE TRLR CT/4410 BROWN STATION RD N
11:10-11:25 am  ELM GROVE DR S

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<table>
<thead>
<tr>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>11:52-12:07 pm</td>
<td>MEXICO GRAVEL RD @ PIONEER DR</td>
</tr>
<tr>
<td>12:08-12:12 pm</td>
<td>MEXICO GRAVEL RD @ FAIR HAVEN DR SW</td>
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<tr>
<td>12:17-12:32 pm</td>
<td>TREMAINE DR @ WATERLOO DR</td>
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<tr>
<td>12:33-12:43 pm</td>
<td>RICE RD @ MCKEE ST</td>
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<tr>
<td>12:44-12:54 pm</td>
<td>BOYD LN @ ALAN LN</td>
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<tr>
<td>12:54-1:04 pm</td>
<td>MCKEE ST @ RIA ST</td>
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Route: 2 BENTON

<table>
<thead>
<tr>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>9:00-9:05 am</td>
<td>HEATHER RIDGE APTS ENTRANCE</td>
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<tr>
<td>9:07-9:12 am</td>
<td>ENTRANCE OF COLUMBIA SQUARE</td>
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<tr>
<td>9:15-9:30 am</td>
<td>RUSSELL ELEMENTARY SCHOOL</td>
</tr>
<tr>
<td>9:32-9:42 am</td>
<td>COLBY DR @ STANFORD DR (NEW)</td>
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<tr>
<td>9:45-9:50 am</td>
<td>GARY ST @ PI(NEW)OOD DR</td>
</tr>
<tr>
<td>9:51-10:01 am</td>
<td>WEST BLVD N @ BROADHEAD ST</td>
</tr>
<tr>
<td>10:01-10:17 am</td>
<td>DONNELLY AV @ FLORENCE AV</td>
</tr>
<tr>
<td>10:18-10:28 am</td>
<td>400 SECTION of HIRTH AVE</td>
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<tr>
<td>11:00-11:15 am</td>
<td>UNITY DR N</td>
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<tr>
<td>11:15-11:30 am</td>
<td>MCBAIN @ LINCOLN DR</td>
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<tr>
<td>11:31-11:46 am</td>
<td>JEWELL AV @ FOREST AV W</td>
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<tr>
<td>11:47-12:02 pm</td>
<td>GRAND AV @ THIRD AV</td>
</tr>
<tr>
<td>12:03-12:18 pm</td>
<td>TRINITY PL @ PROVIDENCE WALKWAY</td>
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<tr>
<td>12:19-12:34 pm</td>
<td>PARK AV @ FIFTH ST N (SW)</td>
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Route: 3 PARKADE

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<tr>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>9:00-9:15 am</td>
<td>ANTELOPE DR @ SQUIRREL DR</td>
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<tr>
<td>9:17-9:32 am</td>
<td>IGUANA DR @ JUNGLE TREE DR</td>
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<tr>
<td>9:33-9:43 am</td>
<td>VANDERVEEN NEIGHBORHOOD POOL (NEW)</td>
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<tr>
<td>9:46-9:56 am</td>
<td>DERBY RIDGE DR @ WAR ADMIRAL DR (NEW)</td>
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<tr>
<td>9:58-10:08 am</td>
<td>DERBY RIDGE DR @ NATIVE DANCER DR (NEW)</td>
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<tr>
<td>10:04-10:24 am</td>
<td>RALEIGH DR @ EDENTON BLVD</td>
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<tr>
<td>10:25-10:40 am</td>
<td>EDENTON BLVD @ GREENSBORO DR</td>
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<tr>
<td>10:44-10:59 am</td>
<td>SNOW MASS DR @ ASPEN RIDGE DR</td>
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<tr>
<td>11:00-11:05 am</td>
<td>BASELINE PL @ CLEARVIEW DR E</td>
</tr>
<tr>
<td>11:06-11:21 am</td>
<td>HACKBERRY BLVD E @ ROCKY FORK DR N</td>
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<tr>
<td>11:29-11:44 am</td>
<td>7108 MOBERLY DR N</td>
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Route: 4 NEW HAVEN

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<tr>
<th>Time</th>
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<tbody>
<tr>
<td>9:00-9:15 am</td>
<td>HANOVER BLVD @ HERSHEY CT</td>
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<tr>
<td>9:17-9:22 am</td>
<td>OLYMPIC BLVD @ IMPERIAL CT</td>
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<tr>
<td>9:23-9:37 am</td>
<td>PINE GROVE MOBILE HOME PARK</td>
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<tr>
<td>9:38-9:48 am</td>
<td>HICKAM DR @ KIT FOX DR</td>
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<tr>
<td>9:49-10:04 am</td>
<td>STONEGATE AT MAILBOXES</td>
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<tr>
<td>10:06-10:21 am</td>
<td>ENTRANCE OF THE LINKS ON CLARK LN</td>
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Northern Central Schools: Benton, Douglass, Grant, Hickman, Jefferson MS, Locust, Paxton, Russell, Smithton, West Blvd. West MS

Northern Schools: Blue Ridge, Derby Ridge, Lange MS, Oakland MS, Parkade.

Northern East Schools: Battle Elementary, Battle HS, Cedar Ridge, New Haven, Rosetta, Two Mile Prairie
10:24-10:39 am  PORT WY @ CANAVERAL DR
10:40-10:50 am  GRACE LN @ VOLUNTEER DR
11:23-11:38 am  RICHLAND HEIGHTS MOBILE HOME PARK-MAILBOXES
11:41-11:56 am  ALBANY DR @ KEENEALND DOWNS APT
12:00-12:15 pm  SANTA ANA @ ROSETTA (NEW) LOCATION

IMPORTANT CHANGES TO ROUTE 5
– SEE (NEW) ROUTE 9

Route: 5 WBE, FVE, RBHS

9:00-9:15 am  BETHANY DR W @ SCOTT BLVD
9:16-9:30 am  BETHANY DR W @ BELLVIEW DR W
9:31-9:46 am  COUNTRY HILL DR W @ BRAMPTON CT S
9:48-10:03 am  ARLENE DR @ CHERYL CT
10:04-10:19 am  GEORGETOWN DR W @ WATERFORD CT S
10:21-10:36 am  LOUISVILLE DR S @ LOUISVILLE CT W
10:37-10:47 am  MILLBROOK @ PICKFORD PL (NEW)
10:48-11:02 am  CALLIE @ LUDWICK BLVD
11:04-11:19 am  BREWER DR @ FAUROT DR (NEW)
11:21-11:36 am  BROADFIELD DR @ WIND RIVER CIR (NEW)
11:39-11:49 am  BREAMORE RD @ HIGHLAND DR (NEW)
11:50-12:05 pm  FAIRVIEW SCHOOL (NEW)

Route: 6 DERBY RIDGE

9:00-9:15 am  NORTHAND D R@ BLUE RIDGE RD
9:17-9:22 am  VANDIVER SQUARE PARKING LOT (NEW)
9:25-9:35 am  END OF ELLETA BLVD/CUL-DE-SAC (NEW)
9:36-9:46 am  1ST PARKING LOT ON ELLETA BLVD (NEW)
9:47-9:57 am  COLONIAL VILLAGE TRAILER CT
10:00-10:05 am  WELCOME INN
10:06-10:11 am  RED ROOF INN
10:12-10:16 am  13/14 TEXAS AVE E (NEW)
10:17-10:32 am  PARKADE ELEMENTARY SCHOOL
10:49-11:04 am  DORIS DR @ TEXAS AV W
11:08-11:23 am  BLACKFOOT ESTATES
11:25-11:40 am  1700 SECTION OF TIMBER CREEK DR
11:43-11:58 am  GARDEN DR @ HOLLYHOCK DR
12:09-12:19 pm  MIDWAY ELEMENTARY

Route: 7 BLUE RIDGE

9:00-9:15 am  HOLLY MOBILE HOME PARK - MIDDLE WEST ENTRANCE
9:16-9:31 am  PARKER ST@VANDIVER TRL CT-2ND ENTRANCE
9:34-9:49 am  NELWOOD DR @ MULBERRY RD
9:50-10:05 am  NELWOOD DR @ QUAILE DR
10:08-10:23 am  ANN ST N @ AMELIA ST
10:26-10:41 am  STEPHENS PAVILION PARKING LOT
10:58-11:08 am  TRIMBLE RE S @ GREEN VALLEY DR
11:13-11:28 am  (NEW) HAVEN CIRCLE
11:30-11:45 am  4001 PONDEROSA ST

Southern Schools: Beulah Ralph, Fairview, Mill Creek, New Haven, Paxton, Rock Bridge Elem, Rock Bridge HS, Smithton, John Warner MS

Northern Schools:  Blue Ridge, Derby Ridge, Lange MS, Oakland MS, Parkade, Midway

Northwest & Central Schools: Benton, Blue Ridge, Douglass, Gifted, Hickman, Jefferson MS, (NEW) Haven, Oakland MS, Ridgeway, Stephen’s Park
11:48-12:03 pm  OPEN DOOR CHURCH
12:03-12:13 pm  MEADOW LARK LN @ PRAIRIE CIR (NEW)

Route: 8 ELLIOT BATTLE  
Northeast Schools:  Battle Elementary, Battle HS, Two Mile Prairie

9:00-9:15 am  GEYSER BLVD @ CASS DR
9:16-9:21 am  KELSEY DR @ IRMA DR
9:24-9:29 am  DOULTON DR N @ TRIKALLA DR E
9:30-9:45 am  GODAS DR @ VALLEY CREEK LN
10:12-10:27 am  SNEAD DR @ DEMARET DR
10:28-10:33 am  700 SECTION of DEMARET DR @ LEMA LN
10:35-10:50 am  ORIE DR N @ ARRATT CT E
10:55-11:10 am  PRAIRIE GROVE BAPTIST CHURCH
11:12-11:22 am  SOUTHERN DR @ BROWDVIEW CT  NEW

(NEW) ROUTE!

9 ROCK BRIDGE HIGH AND ROCK BRIDGE ELEMENTARY  
Southern Schools:  Beulah Ralph, Gentry MS, John Warner MS, (NEW) Haven, RBHS, Rock Bridge Elementary

9:00-9:10 am  CONEFLOWER AV @ W OLD PLANK VILLAGE DR
9:10-9:216 am  GATEWAY BLVD @ GATEVIEW CT
9:27-9:42 am  BREAKTIME ROUTE K
9:45-10:00 am  BETHEL LN @ HILLTOP DR
10:02-10:17 am  CHRIS DR E @ CATHERINE DR E
10:18-10:24 am  NIKKI WAY @ CARRIE RIDGE DR
10:24-10:34 am  DUSTIN DR @ SOUTH CEDAR LAKE DR
10:47-11:02 am  652 PEAR TREE CIR
11:05-11:20 am  SANTIAGO DR @ GRANADA BLVD
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>Cocoa Puffs Cereal or (Yogurt) Jungle Crackers Apple Juice Milk</td>
<td>Crumb Square Cinnamon Elf Grahams Apple Milk</td>
<td>Froot Loops Cereal Strawberry Nutri-Grain Bar Orange Milk</td>
<td>Chocolate Muffin Bug Bites 100% Fruit juice Milk</td>
<td>Cinnamon Toast Crunch Cereal or (Yogurt) Chocolate Elf Grahams Apple Juice Milk</td>
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<td>Honey Wheat Bar Bug Bites Orange Milk</td>
</tr>
<tr>
<td>Froot Loops Cereal (Yogurt) Jungle Crackers Orange Milk</td>
<td>Chocolate Muffin Bug Bites Fruit Punch Milk</td>
<td>Cocoa Puffs Cereal Strawberry Nutri-Grain Bar Apple Milk</td>
<td>Banana Square Apple Juice Milk</td>
<td>Cinnamon Toast Crunch Cereal (Yogurt) Chocolate Elf Grahams Fruit Punch Milk</td>
</tr>
</tbody>
</table>

Menus are subject to change based on product availability and vendor deliveries. All grain items consist of over 50% whole grain products. All items will be delivered cold and will need to be heated and/or stored properly for safe consumption.

**PLEASE POST ON THE REFRIGERATOR**

**Meal Storage and Heating Instructions:**

Refrigerate contents in bag IMMEDIATELY upon receipt or dispose of between 1:00-2:00 PM. Additional instructions below. All foods requiring refrigeration need to be kept at a temperature of 41°F or below. Shelf-stable items should be stored at a temperature of 85°F or below.

(Note: The **Best By** date refers to the **date** recommended that you use the product by for **best** physical and/or sensory quality. It is not an **expiration date**, but rather the **date** that is recommended to be consumed by.)

All Fresh Milk & Juices - Refrigeration required. Consume by the “Best By” date located on the product.

All Cereals, Crackers, Chips, Sunflower Seeds - Shelf-stable. No refrigeration required. Consume by the “Best By” date located on the product.

Grain-Based Breakfast Pastries (e.g.: Cereal Bar, Muffin, etc.) Shelf-stable but consume within 5 days. String Cheese - Refrigeration required. Consume within 5 days.

Fresh Whole Fruit – Refrigeration recommended, but not required. Fresh Processed/Bagged Fruit &
Vegetables as well as cold fruit cups – Refrigeration required. Consume by the “Best By” date located on the product. All Shelf-Stable Fruit, Vegetable, & Milk Items (e.g.: Applesauce cups, Dried Cranberries, Juice Boxes, Shelf-Stable Milk Boxes, etc.) - Shelf-stable. No refrigeration required. Consume by the “Best By” date located on the product. Cold Sandwiches (e.g.: PBJ, Sub Sandwich, Wedge Sandwich, etc.) – Refrigeration required.

Previously frozen product. Consume the same day. Lunch Items that require heating (e.g.: Burritos, chicken, etc.) – Store in refrigeration until ready to heat & consume. Store in refrigerator no longer than 5 days. Heat up following the heating instructions on this form below and consume within two hours.

***IMPORTANT*** For anyone who has allergies, please be sure to read ALL labels before consuming. (SEE REVERSE SIDE FOR HEATING INSTRUCTIONS)

HEATING INSTRUCTIONS
A) If item has heating instructions on packaging, follow the manufacturer’s recommended heating instructions on package. B) If item does not have heating instructions on the packaging, follow these instructions to safely heat:

**Please note: Since the type of products vary, and all microwaves and ovens vary in power, all cooking times are approximate and may need to be adjusted.
The items included in sack meals from CPS are best if warmed in an oven

OVEN, FROM FROZEN:
1. Heat oven to 325°F.
2. Remove item from bag. Place product on baking sheet and cook in the oven for 30-35 minutes. 3. Product is ready to consume when an internal temperature of at least 165°F degrees is reached. 4. If product has not reached an internal temperature of at least 165°F, continue to cook in oven, checking every 5-10 minutes until minimum internal temperature of 165°F is reached.
5. Remove item from oven, remove from wrapper, and let sit for 5-10 minutes before consuming. 6. Consume within 2 hours. *CAUTION: Product will be hot. Consume with caution.

OVEN, FROM THAWED:
1. Heat oven to 325°F.
2. Remove item from bag. Place product on baking sheet and cook in the oven for 20-25 minutes. 3. Product is ready to consume when an internal temperature of at least 165°F degrees is reached. 4. If product has not reached an internal temperature of at least 165°F, continue to cook in oven, checking every 5-10 minutes until minimum internal temperature of 165°F is reached.
5. Remove item from oven, remove from wrapper, and let sit for 5-10 minutes before consuming. 6. Consume within 2 hours. *CAUTION: Product will be hot. Consume with caution.

MICROWAVE, FROM FROZEN:
1. Open one end of item’s wrapper (but do not remove item from wrapper), if a pre-packaged item. If item is in a sandwich bag, remove from bag, placing on a microwave safe dish and cover.
2. Microwave on HIGH for 90 seconds.
3. Product is ready to consume when an internal temperature of at least 165°F degrees is reached. 4. If product has not reached an internal temperature of at least 165°F, continue to reheat on HIGH in 30 second intervals until minimum internal temperature of 165°F is reached.
5. Remove item from microwave, remove from wrapper, and let sit for one minute before consuming. 6. Consume within 2 hours. *CAUTION: Product will be hot. Consume with caution.

MICROWAVE, FROM THAWED:
1. Open one end of item’s wrapper (but do not remove item from wrapper), if a pre-packaged item. If item is in a sandwich bag, remove from bag, placing on a microwave safe dish and cover.
2. Microwave on HIGH for 45 seconds.
3. Product is ready to consume when an internal temperature of at least 165°F degrees is reached. 4. If product has not reached an internal temperature of at least 165°F, continue to reheat on HIGH in 15-20second intervals until minimum internal temperature of 165°F is reached.

This institution is an equal opportunity provider.
reached.
5. Remove item from microwave, remove from wrapper, and let sit for one minute before consuming. 6. Consume within 2 hours. *CAUTION: Product will be hot. Consume with caution.

### October Lunch Menu

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>October 2020 Grab &amp; Go Meals Menu</td>
<td>6 Chicken Tenders WG Dinner Roll ½ cup Fresh Broccoli ½ cup French Fries ½ cup Mixed Fruit Raisins Milk</td>
<td>7 Wild Mike’s Cheese Bites or Stks ½ cup Celery ½ cup Corn ¼ cup Cranberries Fresh Apple Slices Milk</td>
<td>8 Turkey Ham &amp; Cheese Ripper ½ cup Baby Carrots ½ cup Celery Sticks ½ cup Beans Juicy Orange ½ cup Canned Pears Milk</td>
<td>2 Chicken Drumstick ½ cup Baby Carrots ½ cup of Green Beans ¼ cup Cranberries ½ cup Canned Peaches Milk</td>
</tr>
<tr>
<td>5 BBQ Chicken Sandwich on WG Bun ½ cup Green Beans ½ cup Baby Carrots Cinnamon Apples Juicy Orange Milk</td>
<td>13 Turkey on WG Bread Sandwich ½ cup Fresh Broccoli ½ cup Baby Carrots Blueberries Raisins Milk</td>
<td>14 Pizza Crunchers ½ cup Fresh Broccoli ½ cup Baby Carrots ½ cup Canned Pears Juicy Orange Milk</td>
<td>15 Mongolian Beef w/ Rice ½ cup Seasoned Peas ½ cup Beans Crisp Apple ½ cup Canned Peaches Milk</td>
<td>9 Cheeseburger on WG Bun ½ cup Grape Tomatoes ½ cup Fresh Broccoli Crisp Apple Canned Cherries Milk</td>
</tr>
<tr>
<td>12 Macaroni &amp; Cheese WG Dinner Roll ½ cup Celery ½ cup Corn ¼ cup Cranberries Juicy Orange Milk</td>
<td>19 Chicken Sausage w/Pancakes and Hash Brown Potato ½ cup Baby Carrots Fresh Apple Slices ½ cup Canned Pears Milk</td>
<td>21 Chicken Patty Sandwich on WG Bun Seasoned Carrots ½ cup Fresh Broccoli Juicy Orange Blueberries Milk</td>
<td>22 Mozzarella Sticks ½ cup Fresh Broccoli ½ cup Beans Canned Cherries Crisp Apple Milk</td>
<td>16 Chicken Drumstick ½ cup Baby Carrots ½ cup Green Beans Fresh Apple Slices ½ cup Canned Mixed Fruit Milk</td>
</tr>
<tr>
<td>26 BBQ Chicken Sandwich ½ cup Green Beans ½ cup Baby Carrots Cinnamon Apples Juicy Orange Milk</td>
<td>27 Chicken Tenders WG Dinner Roll ½ cup Fresh Broccoli ½ cup French Fries ½ cup Mixed Fruit Raisins Milk</td>
<td>28 Wild Mike’s Cheese Bites/Stks ½ cup Celery ½ cup Corn ¼ cup Cranberries Fresh Apple Slices Milk</td>
<td>29 Turkey Ham &amp; Cheese Ripper ½ cup Baby Carrots ½ cup Celery Sticks ½ cup Beans Juicy Orange ½ cup Canned Pears Milk</td>
<td>23 Beef Soft Shell Taco’s ½ c Grape Tomatoes ½ cup of Corn ¼ cup Cranberries ¼ cup Canned Peaches Milk</td>
</tr>
<tr>
<td>18 Chicken Tenders WG Dinner Roll ½ cup Fresh Broccoli ½ cup French Fries ½ cup Mixed Fruit Raisins Milk</td>
<td>20 Turkey Kielbasa on WG Hoagie ½ cup Celery ½ cup Green Beans ½ cup Mixed Fruit Raisins Milk</td>
<td>25 Chicken Patties on WG Bun Seasoned Carrots ½ cup Fresh Broccoli Juicy Orange Blueberries Milk</td>
<td>30 Cheeseburger on WG ½ cup Grape Tomatoes ½ cup Fresh Broccoli Crisp Apple Canned Cherries Milk</td>
<td>17 Chicken Tenders WG Dinner Roll ½ cup Fresh Broccoli ½ cup French Fries ½ cup Mixed Fruit Raisins Milk</td>
</tr>
</tbody>
</table>

Menus are subject to change based on product availability and vendor deliveries. Whole Grain (WG)