



Columbia PUBLIC SCHOOLS

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 to 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

9:22-9:37 am

9:38-9:49 am

9:50-10:00 am

10:01-10:16 am

10:22-10:37 am

10:38-10:48 am

10:48-10:58 am

10:59-11:04 am

11:04-11:09 am

11:10-11:25 am

GREEN HILLS TRAILER PARK @ GREEN HILLS TRL CT-2ND ENT

CRESENT MEADOWS TRAILER PARK @ MEADOW BROOK DR.

KENT DR N @ ALAN CIR E (NEW)

BULRUSH DR E @ GREGORY DR N (NEW)

TERESA DR N @ VICKIE DR N

GREELEY DR @ PRAIRIE RIDGE ST

4916 BROWN STATION RD (TUBES WHEEL) (NEW)

JAMESDALE @ BROWN STATION RD (NEW)

3304 PREMIER LN N

PARK VILLAGE TRLR CT/4410 BROWN STATION RD N

ELM GROVE DR S

Cont'd next page

11:52-12:07 pm
12:08-12:12 pm
12:17-12:32 pm
12:33-12:43 pm
12:44-12:54 pm
12:54-1:04 pm

MEXICO GRAVEL RD @ PIONEER DR
MEXICO GRAVEL RD @ FAIR HAVEN DR SW
TREMAINE DR @ WATERLOO DR
RICE RD @ MCKEE ST
BOYD LN @ ALAN LN
MCKEE ST @ RIA ST

Route: 2 BENTON

Northern Central Schools: Benton, Douglass, Grant, Hickman, Jefferson MS, Locust, Paxton, Russell, Smithton, West Blvd. West MS

9:00-9:05 am
9:07-9:12 am
9:15-9:30 am
9:32-9:42 am
9:45-9:50 am
9:51-10:01 am
10:01-10:17 am
10:18-10:28 am
11:00-11:15 am
11:15-11:30 am
11:31-11:46 am
11:47-12:02 pm
12:03-12:18 pm
12:19-12:34 pm

HEATHER RIDGE APTS ENTRANCE
ENTRANCE OF COLUMBIA SQUARE
RUSSELL ELEMENTARY SCHOOL
COLBY DR @ STANFORD DR (NEW)
GARY ST @ PI(NEW)OOD DR
WEST BLVD N @ BROADHEAD ST
DONNELLY AV @ FLORENCE AV
400 SECTION of HIRTH AVE
UNITY DR N
MCBAIN @ LINCOLN DR
JEWELL AV @ FOREST AV W
GRAND AV @ THIRD AV
TRINITY PL @ PROVIDENCE WALKWAY
PARK AV @ FIFTH ST N (SW)

Route: 3 PARKADE

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

9:00-9:15 am
9:17-9:32 am
9:33-9:43 am
9:46-9:56 am
9:58-10:08 am
10:04-10:24 am
10:25-10:40 am
10:44-10:59 am
11:00-11:05 am
11:06-11:21 am
11:29-11:44 am

ANTELOPE DR @ SQUIRREL DR
IGUANA DR. @ JUNGLE TREE DR
VANDERVEEN NEIGHBORHOOD POOL (NEW)
DERBY RIDGE DR @ WAR ADMIRAL DR (NEW)
DERBY RIDGE DR @ NATIVE DANCER DR (NEW)
RALEIGH DR @ EDENTON BLVD
EDENTON BLVD @ GREENSBORO DR
SNOW MASS DR @ ASPEN RIDGE DR
BASELINE PL @ CLEARVIEW DR E
HACKBERRY BLVD E @ ROCKY FORK DR N
7108 MOBERLY DR N

Route: 4 NEW HAVEN

Northern East Schools: Battle Elementary, Battle HS, Cedar Ridge, New Haven, Rosetta, Two Mile Prairie

9:00-9:15 am
9:17-9:22 am
9:23-9:37 am
9:38-9:48 am
9:49-10:04 am
10:06-10:21 am

HANOVER BLVD @ HERSHEY CT
OLYMPIC BLVD @ IMPERIAL CT
PINE GROVE MOBILE HOME PARK
HICKAM DR @ KIT FOX DR
STONEGATE AT MAILBOXES
ENTRANCE OF THE LINKS ON CLARK LN

10:24-10:39 am
10:40-10:50 am
11:23-11:38 am
11:41-11:56 am
12:00-12:15 pm

PORT WY @ CANAVERAL DR
GRACE LN @ VOLUNTEER DR
RICHLAND HEIGHTS MOBILE HOME PARK-MAILBOXES
ALBANY DR @ KEENELAND DOWNS APT
SANTA ANA @ ROSETTA (NEW) LOCATION

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

Route: 5 WBE, FVE, RBHS

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

9:00-9:15 am
9:16-9:30 am
9:31-9:46 am
9:48-10:03 am
10:04-10:19 am
10:21-10:36 am
10:37-10:47 am
10:48-11:02 am
11:04-11:19 am
11:21-11:36 am
11:39-11:49 am
11:50-12:05 pm

BETHANY DR W @ SCOTT BLVD
BETHANY DR W @ BELLVIEW DR W
COUNTRY HILL DR W @ BRAMPTON CT S
ARLENE DR @ CHERYL CT
GEORGETOWN DR W @ WATERFORD DR S
LOUISVILLE DR S @ LOUISVILLE CT W
MILLBROOK @ PICKFORD PL (NEW)
CALLIE @ LUDWICK BLVD
BREWER DR @ FAUROT DR (NEW)
BROADFIELD DR @ WIND RIVER CIR (NEW)
BREAMORE RD @ HIGHLAND DR (NEW)
FAIRVIEW SCHOOL (NEW)

Route: 6 DERBY RIDGE

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

9:00-9:15 am
9:17-9:22 am
9:25-9:35 am
9:36-9:46 am
9:47-9:57 am
10:00-10:05 am
10:06-10:11 am
10:12-10:16 am
10:17-10:32 am
10:49-11:04 am
11:08-11:23 am
11:25-11:40 am
11:43-11:58 am
12:09-12:19 pm

NORTHAND D R @ BLUE RIDGE RD
VANDIVER SQUARE PARKING LOT (NEW)
END OF ELLETA BLVD/CUL-DE-SAC (NEW)
1ST PARKING LOT ON ELLETA BLVD (NEW)
COLONIAL VILLAGE TRAILER CT
WELCOME INN
RED ROOF INN
13/14 TEXAS AVE E (NEW)
PARKADE ELEMENTARY SCHOOL
DORIS DR @ TEXAS AV W
BLACKFOOT ESTATES
1700 SECTION OF TIMBER CREEK DR
GARDEN DR @ HOLLYHOCK DR
MIDWAY ELEMENTARY

Route: 7 BLUE RIDGE

Northwest & Central Schools: Benton, Blue Ridge, Douglass, Gifted, Hickman, Jefferson MS, (NEW) Haven, Oakland MS, Ridgeway, Stephen's Park

9:00-9:15 am
9:16-9:31 am
9:34-9:49 am
9:50-10:05 am
10:08-10:23 am
10:26-10:41 am
10:58-11:08 am
11:13-11:28 am
11:30-11:45 am

HOLLY MOBILE HOME PARK - MIDDLE WEST ENTRANCE
PARKER ST @ VANDIVER TRL CT-2ND ENTRANCE
NELWOOD DR @ MULBERRY RD
NELWOOD DR @ QUAIL DR
ANN ST N @ AMELIA ST
STEPHENS PAVILION PARKING LOT
TRIMBLE RE S @ GREEN VALLEY DR
(NEW) HAVEN CIRCLE
4001 PONDEROSA ST

11:48-12:03 pm
12:03-12:13 pm

OPEN DOOR CHURCH
MEADOW LARK LN @ PRAIRIE CIR (NEW)

Route: 8 ELLIOT BATTLE

Northeast Schools: Battle Elementary, Battle HS, Two Mile Prairie

9:00-9:15 am
9:16-9:21 am
9:24-9:29 am
9:30-9:45 am
10:12-10:27 am
10:28-10:33 am
10:35-10:50 am
10:55-11:10 am
11:12-11:22 am

GEYSER BLVD @ CASS DR
KELSEY DR @ IRMA DR
DOULTON DR N @ TRIKALLA DR E
GODAS DR @ VALLEY CREEK LN
SNEAD DR @ DEMARET DR
700 SECTION of DEMARET DR @ LEMA LN
ORIE DR N @ ARRATT CT E
PRAIRIE GROVE BAPTIST CHURCH
SOUTHERN DR @ BROWVIEW 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
9:10-9:216 am
9:27-9:42 am
9:45-10:00 am
10:02-10:17 am
10:18-10:24 am
10:24-10:34 am
10:47-11:02 am
11:05-11:20 am

CONEFLOWER AV @ W OLD PLANK VILLAGE DR
GATEWAY BLVD @ GATEVIEW CT
BREAKTIME ROUTE K
BETHEL LN @ HILLTOP DR
CHRIS DR E @ CATHERINE DR E
NIKKI WAY @ CARRIE RIDGE DR
DUSTIN DR @ SOUTH CEDAR LAKE DR
652 PEAR TREE CIR
SANTIAGO DR @ GRANADA BLVD

Breakfast Menu

Monday Cocoa Puffs Cereal or (Yogurt) Jungle Crackers Apple Juice Milk	Tuesday Crumb Square Cinnamon Elf Grahams Apple Milk	Wednesday Froot Loops Cereal Strawberry Nutri-Grain Bar Orange Milk	Thursday Chocolate Muffin Bug Bites 100% Fruit juice Milk	Friday Cinnamon Toast Crunch Cereal or (Yogurt) Chocolate Elf Grahams Apple Juice Milk
Cinnamon Toast Crunch Cereal (Yogurt) Original Elf Grahams Apple Juice Milk	Honey Wheat Bar Bug Bites Orange Milk	Blueberry Muffin Jungle Crackers Fruit Punch Milk	Crumb Square Strawberry Nutri-Grain Bar (Yogurt) Apple Milk	Cocoa Puffs Crunch Cereal Cinnamon Elf Grahams Apple Juice Milk
Froot Loops Cereal (Yogurt) Jungle Crackers Orange Milk	Chocolate Muffin Bug Bites Fruit Punch Milk	Cocoa Puffs Cereal Strawberry Nutri-Grain Bar Apple Milk	Banana Square Apple Juice Milk	Cinnamon Toast Crunch Cereal (Yogurt) Chocolate Elf Grahams Fruit Punch Milk

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.

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

Monday	Tuesday	Wednesday	Thursday	Friday
October 2020 Grab & Go Meals Menu Subject to change without notice.			1 Cheeseburger on WG Bun ½ cup Grape Tomatoes ½ cup Fresh Broccoli ½ cup Beans Apple Slices Raisins Milk	2 Chicken Drumstick ½ cup Baby Carrots ½ cup of Green Beans ¼ cup Cranberries ½ cup Canned Peaches Milk
5 BBQ Chicken Sandwich on WG Bun ½ cup Green Beans ½ cup Baby Carrots Cinnamon Apples Juicy Orange Milk	6 Chicken Tenders WG Dinner Roll ½ cup Fresh Broccoli ½ cup French Fries ½ cup Mixed Fruit Raisins Milk	7 Wild Mike’s Cheese Bites or Stks ¼ cup Celery ½ cup Corn ¼ cup Cranberries Fresh Apple Slices Milk	8 Turkey Ham & Cheese Ripper ½ cup Baby Carrots ½ cup Celery Sticks ½ cup Beans Juicy Orange ½ cup Canned Pears Milk	9 Cheeseburger on WG Bun ½ cup Grape Tomatoes ½ cup Fresh Broccoli Crisp Apple Canned Cherries Milk
12 Macaroni & Cheese WG Dinner Roll ½ cup Celery ½ cup Corn ¼ cup Cranberries Juicy Orange Milk	13 Turkey on WG Bread Sandwich ½ cup Fresh Broccoli ½ cup Baby Carrots Blueberries Raisins Milk	14 Pizza Crunchers ½ cup Fresh Broccoli ½ cup Baby Carrots ½ cup Canned Pears Juicy Orange Milk	15 Mongolian Beef w/ Rice ½ cup Seasoned Peas ½ cup Beans Crisp Apple ½ cup Canned Peaches Milk	16 Chicken Drumstick ½ cup Baby Carrots ½ cup Green Beans Fresh Apple Slices ½ cup Canned Mixed Fruit Milk
19 Chicken Sausage w/Pancakes and Hash Brown Potato ½ cup Baby Carrots Fresh Apple Slices ½ cup Canned Pears Milk	20 Turkey Kielbasa on WG Hoagie ½ cup Celery ½ cup Green Beans ½ cup Mixed Fruit Raisins Milk	21 Chicken Patty Sandwich on WG Bun Seasoned Carrots ½ cup Fresh Broccoli Juicy Orange Blueberries Milk	22 Mozzarella Sticks ½ cup Fresh Broccoli ½ cup Beans Canned Cherries Crisp Apple Milk	23 Beef Soft Shell Taco’s ½ c Grape Tomatoes ½ cup of Corn ¼ cup Cranberries ½ cup Canned Peaches Milk
26 BBQ Chicken Sandwich ½ cup Green Beans ½ cup Baby Carrots Cinnamon Apples Juicy Orange Milk	27 Chicken Tenders WG Dinner Roll ½ cup Fresh Broccoli ½ cup French Fries ½ cup Mixed Fruit Raisins Milk	28 Wild Mike’s Cheese Bites/Stks ¼ cup Celery ½ cup Corn ¼ cup Cranberries Fresh Apple Slices Milk	29 Turkey Ham & Cheese Ripper ½ cup Baby Carrots ½ cup Celery Sticks ½ cup Beans Juicy Orange ½ cup Canned Pears Milk	30 Cheeseburger on WG ½ cup Grape Tomatoes ½ cup Fresh Broccoli Crisp Apple Canned Cherries Milk

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

This institution is an equal opportunity provider.