CPS Grab-and-Go Meal Service

Updated Routes and Information Effective September 8, 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.

Route: 1 ALPHA HART LEWIS AND BLUE RIDGE ELEMENTARY SCHOOLS

<table>
<thead>
<tr>
<th>Time</th>
<th>Stop Location</th>
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</thead>
<tbody>
<tr>
<td>9:00-9:15 am</td>
<td>GREEN HILLS MOBILE HOME PARK @ GREEN HILLS TRL</td>
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<tr>
<td></td>
<td>CT-2ND ENT</td>
</tr>
<tr>
<td>9:17-9:32 am</td>
<td>FAST LANE ON HINTON RD</td>
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<tr>
<td>9:32-9:52 am</td>
<td>CRESENT MEADOWS MOBILE HOME PARK PRATHERSVIL RD AND MEADOW BROOK DR.</td>
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<tr>
<td>9:54-10:09 am</td>
<td>TERESA DR N @ VICKIE DR N</td>
</tr>
<tr>
<td>10:15-10:30 am</td>
<td>GREELEY DR @ PRAIRIE RIDGE ST</td>
</tr>
<tr>
<td>10:33-10:38 am</td>
<td>PREMIER LN N</td>
</tr>
<tr>
<td>10:38-10:44 am</td>
<td>PARK VILLAGE TRLR CT/BROWN STATION RD N</td>
</tr>
<tr>
<td>10:44-11:00 am</td>
<td>ELM GROVE DR S</td>
</tr>
<tr>
<td>11:26-11:40 am</td>
<td>MEXICO GRAVEL RD @PIONEER</td>
</tr>
<tr>
<td>11:42-11:48 am</td>
<td>MEXICO GRAVEL RD @ FAIR HAVEN DR SW</td>
</tr>
<tr>
<td>11:51-12:05 am</td>
<td>TREMAINE DR @ WATERLOO DR</td>
</tr>
<tr>
<td>12:07-12:22 pm</td>
<td>RICE RD @ MCKEE ST</td>
</tr>
<tr>
<td>12:23-12:40 pm</td>
<td>MCKEE ST @ RIA ST</td>
</tr>
</tbody>
</table>

Route: 2 DOUGLASS HS, JEFFERSON MS, HICKMAN HS, RUSSELL AND WEST BLVD ELEMENTARY SCHOOLS

<table>
<thead>
<tr>
<th>Time</th>
<th>Stop Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00-9:05 am</td>
<td>HEATHER RIDGE APTS ENTRANCE</td>
</tr>
</tbody>
</table>

Updated September 4, 2020
9:07-9:12 am  ENTRANCE OF COLUMBIA SQUARE
9:15-9:30 am  RUSSELL ELEMENTARY SCHOOL
9:33-9:38 am  GARY ST @ PINEWOOD DR
9:39-9:54 am  DONNELLY AV @ FLORENCE AV
9:55-10:10 am 400 SECTION of HIRTH AVE
10:37-10:52 am  UNITY DR N
10:53-11:08 am  MCBAIN @ LINCOLN DR
11:09-11:24 am  JEWELL AV @ FOREST AV W
11:25-11:40 am  GRAND AV @ THIRD AV
11:41-11:56 am  TRINITY PL @ PROVIDENCE WALKWAY
11:57-12:12 pm  PARK AV @ FIFTH ST N (SW)

Route: 3 DERBY RIDGE AND PARKADE ELEMENTARY SCHOOLS

9:00-9:15 am  IGUANA DR. @ JUNGLE TREE DR
9:18-9:33 am  ANTELOPE DR @ SQUIRREL DR
9:39-9:54 am  RALEIGH DR @ EDENTON BLVD
9:55-10:10 am  EDENTON BLVD @ GREENSBORO DR
10:13-10:28 am  SNOW MASS DR @ ASPEN RIDGE DR
10:29-10:34 am  BASELINE PL @ CLEARVIEW DR E
10:36-10:51 am  HACKBERRY BLVD E @ ROCKY FORK DR N
10:59-11:14 am  TIMOTHER CT @ MOBERLY DR N

Route: 4 NEW HAVEN, CEDAR RIDGE, AND ELLIOT BATTLE ELEMENTARY SCHOOLS

9:00-9:15 am  HANOVER BLVD @ HERSHEY CT
9:17-9:22 am  OLYMPIC BLVD @ IMPERIAL CT
9:23-9:38 am  PINE GROVE MOBILE HOME PARK
9:38-9:53 am  STONEGATE AT MAILBOXES
9:55-10:10 am  ENTRANCE OF THE LINKS ON CLARK LN
10:13-10:28 am  PORT WY @ CANAVERAL DR
10:29-10:44 am  GRACE LN@VOLUNTEER DR
11:12-11:27 am  RICHLAND HEIGHTS MOBILE HOME PARK-MAILBOXES
11:29-11:44 am  ALBANY DR @ KEENELAND DOWNS APT
11:48-12:03 pm  OLD CEDAR RIDGE ELEMENTARY RT WW AND ROSETTA AVE.

Route: 5 FAIRVIEW 1755 AND SOUTHERN SCHOOLS (BEN RT.)

9:00-9:15 am  CALLIE AND LUDWICK BLVD
9:17-9:22 am  LOUISVILLE DR S@LOUISVILLE CT W
9:33-9:48 am  GEORGETOWN DR W @ WATERFORD DR S
9:50-10:05 am  ARLENE DR @ CHERYL CT
10:06-10:21 am  COUNTRY HILL DR W @ BRAMPTON CT S
10:22-10:37 am  BETHANY DR W @ SCOTT BLVD
10:38-10:53 am  BETHANY DR W@BELLVIEW DR W
11:03-11:18 am  BREAKTIME OFF ROUTE K
11:37-11:52 am  600 block of PEAR TREE CIR
11:54-12:09 pm  NIKKI WY @ CARRIERIDGE DR
Breakfast Menu

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tbody>
<tr>
<td>Cocoa Puffs Cereal or (Yogurt)</td>
<td>Crumb Square</td>
<td>Froot Loops Cereal</td>
<td>Chocolate Muffin</td>
<td>Cinnamon Toast</td>
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<tr>
<td>Jungle Crackers</td>
<td>Cinnamon Elf Grahams</td>
<td>Strawberry Nutri-Grain Bar</td>
<td>Bug Bites</td>
<td>Crunch Cereal or (Yogurt)</td>
</tr>
<tr>
<td>Apple</td>
<td>Apple</td>
<td>Orange</td>
<td>100% Fruit juice</td>
<td>Chocolate Elf</td>
</tr>
<tr>
<td>Milk</td>
<td>Milk</td>
<td>Milk</td>
<td>Milk</td>
<td>Grahams</td>
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<td></td>
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<td></td>
<td>Apple</td>
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<td>Juice</td>
</tr>
</tbody>
</table>

Updated September 4, 2020
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.

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.

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.

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 15-20 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.

**Lunch Menu**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>September</strong></td>
<td>8 BBQ Rib Sandwich Or Burritos Fresh Broccoli Baby Carrots Crisp Apple Canned Pears Milk</td>
<td>9 Cook’s Choice Celery Baby Carrots Orange Mixed Fruit Milk</td>
<td>10 Cheeseburger on a WG Bun Fresh Broccoli Dried Beans Apple Slices Raisins Milk</td>
<td>11 Roasted Chicken Sliced Bread Sweet Potatoes Corn Dried Cranberries Canned Peaches Milk</td>
</tr>
<tr>
<td>14 BBQ Chicken Sandwich Seasoned Peas Baby Carrots Cinnamon Apples Juicy Orange Milk</td>
<td>15 Cook’s Choice Fresh Broccoli Green Beans Mixed Fruit Raisins Milk</td>
<td>16 Roasted Chicken Sliced Bread Celery Corn Cranberries Canned Peaches Milk</td>
<td>17 Flame Grilled Chicken Burger on a WG Bun Baby Carrots Orange Canned Pears Milk</td>
<td>18 Pizza Crunchers Grape Tomatoes Fresh Broccoli Crisp Apple Dried Cherries Milk</td>
</tr>
<tr>
<td>21 Roasted Chicken Sliced Bread Celery Corn Cranberries Canned Peaches Milk</td>
<td>22 Turkey Hoagie Sandwich Fresh Broccoli Baby Carrots Crisp Apple Raisins Milk</td>
<td>23 BBQ, Chicken Teriyaki with Brown Rice Fresh Broccoli Baby Carrots Canned Pears Orange Milk</td>
<td>24 Cheeseburger on a WG Bun Seasoned Peas Dried Beans Strawberry Cup Canned Peaches Milk</td>
<td>25 Wild Mike’s Cheese Sticks or Bites Baby Carrots Green Beans Crisp Apple Mixed Fruit Milk</td>
</tr>
<tr>
<td>28 BBQ Rib Sandwich Fresh Broccoli Baby Carrots Crisp Apple Canned Pears Milk</td>
<td>29 Cook’s Choice Celery Green Beans Mixed Fruit Raisins Milk</td>
<td>30 Macaroni and Cheese Whole Grain Roll Seasoned Carrots Fresh Broccoli Orange Applesauce Cup Milk</td>
<td><strong>October</strong> 1 Cheeseburger on a WG Bun Grape Tomatoes Dried Beans Strawberry Cup Crisp Apple Milk</td>
<td>2 Roasted Chicken Sliced Bread Sweet Potatoes Corn Cranberries Canned Peaches Milk</td>
</tr>
</tbody>
</table>

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This institution is an equal opportunity provider.