



COLUMBUS CITY SCHOOLS GRADES 6-12 BREAKFAST MENU

January 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1/8 Choose One Egg & Cheese Croissant (28g) Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)</p>	<p>1/9 Choose One Cinnabar (45g) Peanut Butter & Jelly Graham (30g)</p>	<p>1/10 Choose One Turkey Sausage & Cheese Pancake Sandwich (29g) Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)</p>	<p>1/11 Choose One Yogurt Parfait (63-78g) Peanut Butter & Jelly Graham (30g)</p>	<p>1/12 Choose One Maple Pancakes (39g) Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)</p>
<p>1/15 Martin Luther King, Jr. Day - NO SCHOOL</p>	<p>1/16 Choose One French Toast Sticks (57g) Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)</p>	<p>1/17 Choose One Turkey Sausage, Egg, & Cheese Pancake Sandwich (29g) Peanut Butter & Jelly Graham (30g)</p>	<p>1/18 Choose One Apple (36g) or Cherry (37g) Frudel Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)</p>	<p>1/19 Choose One Scramble Slider (31g) Peanut Butter & Jelly Graham (30g)</p>
<p>1/22 Choose One Egg & Cheese Croissant (28g) Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)</p>	<p>1/23 Choose One Cinnabar (45g) Peanut Butter & Jelly Graham (30g)</p>	<p>1/24 NO SCHOOL</p>	<p>1/25 Choose One Yogurt Parfait (63-78g) Peanut Butter & Jelly Graham (30g)</p>	<p>1/26 Choose One Maple Pancakes (39g) Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)</p>
<p>1/29 Choose One Egg/Cheese and Salsa Wrap (38g) Peanut Butter & Jelly Graham (30g)</p>	<p>1/30 Choose One French Toast Sticks (57g) Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)</p>	<p>1/31 Choose One Turkey Sausage, Egg, & Cheese Pancake Sandwich (29g) Peanut Butter & Jelly Graham (30g)</p>	<p>2/1 Choose One Apple (36g) or Cherry (37g) Frudel Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)</p>	<p>2/2 Choose One Turkey Ham, Egg, & Cheese Croissant (29g) Peanut Butter & Jelly Graham (30g)</p>
<p>NO PORK PRODUCTS OFFERED.</p> <p>NUTRIENT AND INGREDIENT CONTENT AVAILABLE UPON REQUEST.</p>	<p>This institution is an equal opportunity provider.</p> <p>Menu is subject to change.</p> <p>Rev 10/31/2017</p>	<p>A variety of fresh fruits, choice of 1% low fat white milk (13g), skim chocolate milk (24g), orange juice (14g), and apple juice (14g), are offered daily with breakfast.</p> <p>CHOOSE ONE MAIN ENTRÉE OR CHOOSE TWO OF THE FOLLOWING AT BREAKFAST: Assorted Cereals (20-27g) Cheese Stick (1g) Cinnamon Roll (20g) Graham Cracker (19g) Hard Boiled Egg (1g) Muffins (26-28g) Yogurt (15-16g)</p>		