



COLUMBUS CITY SCHOOLS GRADES 6-12 BREAKFAST MENU MAY/JUNE 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5/22 <u>Choose One</u> Egg & Cheese Muffin (28g) Peanut Butter & Jelly Graham (30g)	5/23 <u>Choose One</u> Breakfast Round (44g) Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)	5/24 <u>Choose One</u> Turkey Sausage & Cheese Pancake Sandwich (30g) Peanut Butter & Jelly Graham (30g)	5/25 <u>Choose One</u> Maple Pancakes (39g) Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)	5/26 <u>Choose One</u> Yogurt Parfait (65-78g) Peanut Butter & Jelly Graham (30g)
5/29 MEMORIAL DAY NO SCHOOL	5/30 <u>Choose One</u> French Toast Sticks (43g) Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)	5/31 <u>Choose One</u> Turkey Sausage, Egg, & Cheese Pancake Sandwich (29g) Peanut Butter & Jelly Graham (30g)	6/1 <u>Choose One</u> Apple (36g) or Cherry (37g) Frudel Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)	6/2 NO SCHOOL
NO PORK PRODUCTS OFFERED. NUTRIENT AND INGREDIENT CONTENT AVAILABLE UPON REQUEST.	This institution is an equal opportunity provider. Menu is subject to change. Rev 2/22/2017	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. CHOOSE ONE MAIN ENTRÉE OR CHOOSE TWO OF THE FOLLOWING AT BREAKFAST: Assorted Cereals (22-25g) Yogurt (15g) Cheese Stick (1g) Muffins (25-27g) Graham Cracker (19g) Cinnamon Roll (20g)		



Have an awesome summer!