



COLUMBUS CITY SCHOOLS GRADES 6-12 BREAKFAST MENU

OCTOBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>10/2 Choose One Egg & Cheese Croissant (28g) Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)</p>	<p>10/3 Choose One Apple (54g) or Raspberry (56g) Churros Peanut Butter & Jelly Graham (30g)</p>	<p>10/4 Choose One Turkey Sausage & Cheese Pancake Sandwich (29g) Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)</p>	<p>10/5 Choose One Yogurt Parfait (63-78g) Peanut Butter & Jelly Graham (30g)</p>	<p>10/6 Choose One Maple Pancakes (39g) Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)</p>
<p>10/9 Choose One Egg/Cheese and Salsa Wrap (38g) Peanut Butter & Jelly Graham (30g)</p>	<p>10/10 Choose One French Toast Sticks (57g) Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)</p>	<p>10/11 Choose One Turkey Sausage, Egg, & Cheese Pancake Sandwich (29g) Peanut Butter & Jelly Graham (30g)</p>	<p>10/12 Choose One Apple (36g) or Cherry (37g) Frudel Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)</p>	<p>10/13 Choose One Scramble Slider (31g) Peanut Butter & Jelly Graham (30g)</p>
<p>10/16 Choose One Egg & Cheese Croissant (28g) Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)</p>	<p>10/17 Choose One Apple (54g) or Raspberry (62g) Churros Peanut Butter & Jelly Graham (30g)</p>	<p>10/18 Choose One Turkey Sausage & Cheese Pancake Sandwich (29g) Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)</p>	<p>10/19 Choose One Yogurt Parfait (63-78g) Peanut Butter & Jelly Graham (30g)</p>	<p>10/20 NO SCHOOL</p>
<p>10/23 Choose One Egg/Cheese and Salsa Wrap (38g) Peanut Butter & Jelly Graham (30g)</p>	<p>10/24 Choose One French Toast Sticks (57g) Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)</p>	<p>10/25 NO SCHOOL</p>	<p>10/26 Choose One Apple (36g) or Cherry (37g) Frudel Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)</p>	<p>10/27 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 9/19/2017</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:</p> <ul style="list-style-type: none"> Assorted Cereals (20-27g) Yogurt (15-16g) Cheese Stick (1g) Muffins (26-28g) Graham Cracker (19g) Cinnamon Roll (20g) 		