



COLUMBUS CITY SCHOOLS GRADES 6-12 BREAKFAST MENU

SEPTEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9/4</p> <p>LABOR DAY – NO SCHOOL</p>	<p>9/5 Choose One Apple (54g) or Raspberry (56g) Churros Peanut Butter & Jelly Graham (30g)</p>	<p>9/6 Choose One Turkey Sausage & Cheese Pancake Sandwich (29g) Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)</p>	<p>9/7 Choose One Yogurt Parfait (63-78g) Peanut Butter & Jelly Graham (30g)</p>	<p>9/8 Choose One Maple Pancakes (39g) Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)</p>
<p>9/11 Choose One Egg/Cheese and Salsa Wrap (38g) Peanut Butter & Jelly Graham (30g)</p>	<p>9/12 Choose One French Toast Sticks (57g) Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)</p>	<p>9/13 Choose One Turkey Sausage, Egg, & Cheese Pancake Sandwich (29g) Peanut Butter & Jelly Graham (30g)</p>	<p>9/14 Choose One Apple (36g) or Cherry (37g) Frudel Peanut Butter & Jelly Graham (30g)</p>	<p>9/15 Choose One Scramble Slider (31g) Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)</p>
<p>9/18 Choose One Egg & Cheese Croissant (28g) Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)</p>	<p>9/19 Choose One Apple (54g) or Raspberry (56g) Churros Peanut Butter & Jelly Graham (30g)</p>	<p>9/20 Choose One Turkey Sausage & Cheese Pancake Sandwich (29g) Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)</p>	<p>9/21 Choose One Yogurt Parfait (63-78g) Peanut Butter & Jelly Graham (30g)</p>	<p>9/22</p> <p>NO SCHOOL</p>
<p>9/25 Choose One Egg/Cheese and Salsa Wrap (38g) Peanut Butter & Jelly Graham (30g)</p>	<p>9/26 Choose One French Toast Sticks (57g) Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)</p>	<p>9/27 Choose One Turkey Sausage, Egg, & Cheese Pancake Sandwich (29g) Peanut Butter & Jelly Graham (30g)</p>	<p>9/28 Choose One Apple (36g) or Cherry (37g) Frudel Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)</p>	<p>9/29 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 8/4/2017</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> <p>Assorted Cereals (20-27g) Yogurt (15-16g) Cheese Stick (1g) Muffins (26-28g) Graham Cracker (19g) Cinnamon Roll (20g)</p>		