


**COLUMBUS
CITY SCHOOLS GRADES K-8 BREAKFAST MENU
2017- 2018**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11/27 Choose One Egg & Cheese Croissant (28g) Assorted Bagel (29-35g)/Cream Cheese (2g)	11/28 Choose One Apple (54g) or Raspberry (56g) Churros Assorted Bagel (29-35g)/Cream Cheese (2g)	11/29 Choose One Turkey Sausage & Cheese Pancake Sandwich (29g) Assorted Bagel (29-35g)/Cream Cheese (2g)	11/30 Choose One Yogurt Parfait (63-78g) Assorted Bagel (29-35g)/Cream Cheese (2g)	12/1 Choose One Maple Pancakes (39g) Assorted Bagel (29-35g)/Cream Cheese (2g)
12/4 Choose One Egg/Cheese and Salsa Wrap (37g) Assorted Bagel (29-35g)/Cream Cheese (2g)	12/5 Choose One French Toast Sticks (57g) Assorted Bagel (29-35g)/Cream Cheese (2g)	12/6 Choose One Turkey Sausage, Egg, & Cheese Pancake Sandwich (29g) Assorted Bagel (29-35g)/Cream Cheese (2g)	12/7 Choose One Apple (36g) or Cherry (37g) Frudel Assorted Bagel (29-35g)/Cream Cheese (2g)	12/8 Choose One Scramble Slider (31g) Assorted Bagel (29-35g)/Cream Cheese (2g)
12/11 Choose One Egg & Cheese Croissant (29g) Assorted Bagel (29-35g)/Cream Cheese (2g)	12/12 Choose One Apple (54g) or Raspberry (56g) Churros Assorted Bagel (29-35g)/Cream Cheese (2g)	12/13 Choose One Turkey Sausage & Cheese Pancake Sandwich (29g) Assorted Bagel (29-35g)/Cream Cheese (2g)	12/14 Choose One Yogurt Parfait (63-78g) Assorted Bagel (29-35g)/Cream Cheese (2g)	12/15 Choose One Maple Pancakes (39g) Assorted Bagel (29-35g)/Cream Cheese (2g)
12/18 Choose One Egg/Cheese and Salsa Wrap (38g) Assorted Bagel (29-35g)/Cream Cheese (2g)	12/19 Choose One French Toast Sticks (57g) Assorted Bagel (29-35g)/Cream Cheese (2g)	12/20 Choose One Turkey Sausage, Egg, & Cheese Pancake Sandwich (29g) Assorted Bagel (29-35g)/Cream Cheese (2g)	12/21 Choose One Apple (36g) or Cherry (37g) Frudel Assorted Bagel (29-35g)/Cream Cheese (2g)	12/22 Choose One Turkey Ham, Egg, & Cheese Croissant (29g) Assorted Bagel (29-35g)/Cream Cheese (2g)
NO PORK OR NUT PRODUCTS OFFERED. NUTRIENT AND INGREDIENT CONTENT AVAILABLE UPON REQUEST.	This institution is an equal opportunity provider. Menu is subject to change. Rev 10/2/2017	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 (20-27g) Yogurt (15-16g) Cheese Stick (1g) Muffins (26-28g) Graham Cracker (19g) Cinnamon Roll (20g)		


WINTER BREAK – DECEMBER 25th to JANUARY 5th
