COLUMBUS CITY SCHOOLS

GRADES K-8 BREAKFAST MENU

OCTOBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10/2 Choose One Egg & Cheese Croissant (28g) Assorted Bagel (29-35g)/Cream Cheese (2g)	**10/3 Choose One** Apple (54g) or Raspberry (56g) Churros Assorted Bagel (29-35g)/Cream Cheese (2g)	**10/4 Choose One** Turkey Sausage & Cheese Pancake Sandwich (29g) Assorted Bagel (29-35g)/Cream Cheese (2g)	**10/5 Choose One** Yogurt Parfait (63-78g) Assorted Bagel (29-35g)/Cream Cheese (2g)	**10/6 Choose One** Maple Pancakes (39g) Assorted Bagel (29-35g)/Cream Cheese (2g)
10/9 Choose One Egg/Cheese and Salsa Wrap (38g) Assorted Bagel (29-35g)/Cream Cheese (2g)	**10/10 Choose One** French Toast Sticks (57g) Assorted Bagel (29-35g)/Cream Cheese (2g)	**10/11 Choose One** Turkey Sausage, Egg, & Cheese Pancake Sandwich (29g) Assorted Bagel (29-35g)/Cream Cheese (2g)	**10/12 Choose One** Apple (36g) or Cherry (37g) Frudel Assorted Bagel (29-35g)/Cream Cheese (2g)	**10/13 Choose One** Scramble Slider (31g) Assorted Bagel (29-35g)/Cream Cheese (2g)
10/16 Choose One Egg & Cheese Croissant (29g) Assorted Bagel (29-35g)/Cream Cheese (2g)	**10/17 Choose One** Apple (54g) or Raspberry (56g) Churros Assorted Bagel (29-35g)/Cream Cheese (2g)	**10/18 Choose One** Turkey Sausage & Cheese Pancake Sandwich (29g) Assorted Bagel (29-35g)/Cream Cheese (2g)	**10/19 Choose One** Yogurt Parfait (63-78g) Assorted Bagel (29-35g)/Cream Cheese (2g)	**10/20** **NO SCHOOL**
10/23 Choose One Egg/Cheese and Salsa Wrap (38g) Assorted Bagel (29-35g)/Cream Cheese (2g)	**10/24 Choose One** French Toast Sticks (57g) Assorted Bagel (29-35g)/Cream Cheese (2g)	**10/25** **NO SCHOOL**	**10/26 Choose One** Apple (36g) or Cherry (37g) Frudel Assorted Bagel (29-35g)/Cream Cheese (2g)	**10/27 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 9/19/2017	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)		