



**COLUMBUS  
CITY SCHOOLS**

**ELEMENTARY GRADES PreK-6**

**NOVEMBER/DECEMBER 2017 BREAKFAST /LUNCH MENU**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11/27 Sweet Potato Swirl Roll (33g)	11/28 Egg & Cheese Bosco Stick (17g)	11/29 Maple Mini Pancakes (39g)	11/30 Turkey Sausage Pancake Wrap (17g)	12/1 Bagel with Cream Cheese (28g)
12/4 Beef Sausage on Bun (20g)	12/5 Mini Cinnamon French Toast (37g)	12/6 Turkey Sausage Breakfast Pizza (31g)	12/7 Maple Waffles (38g)	12/8 Strawberry Pancakes (40g)
12/11 Sweet Potato Swirl Roll (33g)	12/12 Egg & Cheese Bosco Stick (17g)	12/13 Maple Mini Pancakes (39g)	12/14 Turkey Sausage Pancake Wrap (17g)	12/15 Bagel with Cream Cheese (28g)
12/18 Beef Sausage on Bun (20g)	12/19 Mini Cinnamon French Toast (37g)	12/20 Turkey Sausage Breakfast Pizza (31g)	12/21 Maple Waffles (38g)	12/22 Strawberry Pancakes (40g)

**CHOOSE ONE MAIN ENTRÉE OR CHOOSE TWO OF THE FOLLOWING AT BREAKFAST:**

Assorted Cereal (20-26g) or Graham Cracker (19g) or Yogurt (15g) or Cheese Stick (1g)  
 Orange juice (14g) and apple juice (14g) are offered daily with breakfast. A variety of fresh fruits, and a choice of 1% low fat white milk (13g), or skim chocolate milk (24g) are offered at breakfast and at lunch.  
 Grams of carbohydrate for each food are listed in parenthesis (g).

Vegetables are offered daily and legumes weekly at lunch.  
 \*Sliced wheat bread (12g) offered with entree.  
 <> Meatless item  
 Ⓓ Dairy Free  
**A complete breakfast and lunch are FREE to every student!!**  
 Pork, seafood, and nut-containing products are not offered.  
 Menu is subject to change.  
 This institution is an equal opportunity provider.  
 Revised 11/7/2017

**LUNCH**

11/27 Pepperoni Pizza (30g) *Macaroni-n-Cheese (28g) <> *Turkey Wrap (14-16g) & BBQ sauce (4g) Ⓓ Corn (17g)	11/28 Hamburger on Bun (20g) Ⓓ Turkey Hot Dog on Bun (26g) Ⓓ for <u>K-6 ONLY</u> Soy Butter & Jelly Sandwich (55g) <> Baked Beans (30g) <>	11/29 *Chicken Dippers (1g) Ⓓ Turkey Sausage & French Toast Sticks (39g) Soy Butter & Grape Jelly Sandwich (55g) <>	11/30 Hamburger/Bun (20g) Ⓓ Cheese Pizza (30g) <> *Chicken Fajita and Cheese Wrap (14g) Mixed Veggies -carrot, pea, green bean, lima bean, & corn (9g)	12/1 Chicken Patty on Bun (29g) Ⓓ Toasted Cheese Sandwich (24g) <> *Turkey Wrap (14-16g) & BBQ sauce (4g) Ⓓ
12/4 *Chicken Nuggets (13g) Ⓓ Cheese & Bean Enchilada (42g) <> Soy Butter & Grape Jelly Sandwich (55g) <>	12/5 *Chicken Drumstick (5g) Ⓓ Cheese Pizza (30g) <> *Turkey Wrap (14-16g) & BBQ sauce (4g) Ⓓ Baked Beans (30g) <>	12/6 *Cheeseburger Meatloaf on Bread (20g) Turkey Hot Dog on Bun (26g) Ⓓ for <u>K-6 ONLY</u> Soy Butter & Grape Jelly Sandwich (55g) <>	12/7 *Walking Taco (27g) and Bread (13g) Cheesy Bread Sticks (27g) with Marinara Sauce (4g) <> *Turkey Wrap (14-16g) & BBQ sauce (4g) Ⓓ	12/8 Hamburger/Bun (20g) Ⓓ Teriyaki Chicken on Bun (40g) Ⓓ Soy Butter & Grape Jelly Sandwich (55g) <> Potato Wedges (14g)
12/11 Pepperoni Pizza (30g) *Macaroni-n-Cheese (28g) <> *Turkey Wrap (14-16g) & BBQ sauce (4g) Ⓓ Corn (17g)	12/12 Shredded Turkey & Gravy (2g) over Texas Toast (15g) Hamburger on Bun (20g) Ⓓ Soy Butter & Jelly Sandwich (55g) <> Baked Beans (30g) <>	12/13 *Chicken Dippers (1g) Ⓓ Turkey Sausage & French Toast Sticks (39g) Soy Butter & Grape Jelly Sandwich (55g) <>	12/14 Hamburger/Bun (20g) Ⓓ Cheese Pizza (30g) <> *Chicken Fajita and Cheese Wrap (15g) Mixed Veggies -carrot, pea, green bean, lima bean, & corn (9g)	12/15 Chicken Patty on Bun (29g) Ⓓ Toasted Cheese Sandwich (24g) <> *Turkey Wrap (14-16g) & BBQ sauce (4g) Ⓓ
12/18 *Chicken Nuggets (13g) Ⓓ Cheese & Bean Enchilada (42g) <> Soy Butter & Grape Jelly Sandwich (55g) <>	12/19 *Chicken Drumstick (5g) Ⓓ Cheese Pizza (30g) <> *Turkey Wrap (14-16g) & BBQ sauce (4g) Ⓓ Baked Beans (30g) <>	12/20 *Cheeseburger Meatloaf on Bread (20g) Turkey Hot Dog on Bun (26g) Ⓓ for <u>K-6 ONLY</u> Soy Butter & Grape Jelly Sandwich (55g) <>	12/21  Ohio Day Pizza Burger on Bun (24g) Cheesy Bread Sticks (27g) with Marinara Sauce (4g) <> *Turkey Wrap (14-16g) & BBQ sauce (4g) Ⓓ	12/22 Hamburger/Bun (20g) Ⓓ Teriyaki Chicken on Bun (40g) Ⓓ Soy Butter & Grape Jelly Sandwich (55g) <> Potato Wedges (14g)



**WINTER BREAK – DECEMBER 25th to JANUARY 5th**

