





**COLUMBUS
CITY SCHOOLS**

ELEMENTARY GRADES PreK-6

OCTOBER/NOVEMBER 2017 BREAKFAST /LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10/30 Sweet Potato Swirl Roll (33g)	10/31 Egg & Cheese Bosco Stick (17g)	11/1 Maple Mini Pancakes (39g)	11/2 Turkey Sausage Pancake Wrap (17g)	11/3 Bagel with Cream Cheese (28g)
11/6 Beef Sausage on Bun (20g)	11/7 NO SCHOOL	11/8 Turkey Sausage Breakfast Pizza (31g)	11/9 Maple Waffles (38g)	11/10 Strawberry Pancakes (40g)
11/13 Sweet Potato Swirl Roll (33g)	11/14 Egg & Cheese Bosco Stick (17g)	11/15 Maple Mini Pancakes (39g)	11/16 Turkey Sausage Pancake Wrap (17g)	11/17 Bagel with Cream Cheese (28g)
11/20 Beef Sausage on Bun (20g)	11/21 Mini Cinnamon French Toast (37g)	11/22 NO SCHOOL	11/23 NO SCHOOL	11/24 NO SCHOOL
<p>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).</p>			<p>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 11/8/2017</p>	
LUNCH				
10/30 Pepperoni Pizza (30g) *Macaroni-n-Cheese (28g) <> *Turkey Wrap (14-16g) & BBQ sauce (4g) Ⓓ Corn (17g)	10/31 Hamburger on Bun (20g) Ⓓ Turkey Hot Dog on Bun (26g) Ⓓ for <u>K-6 ONLY</u> Soy Butter & Jelly Sandwich (55g) <> Baked Beans (30g) <>	11/1 *Chicken Dippers (1g) Ⓓ Turkey Sausage & French Toast Sticks (39g) Soy Butter & Grape Jelly Sandwich (55g) <>	11/2 Hamburger/Bun (20g) Ⓓ Cheese Pizza (30g) <> *Chicken Fajita and Cheese Wrap (14g) Mixed Veggies - carrot, pea, green bean, lima bean, & corn (9g)	11/3 Chicken Patty on Bun (29g) Ⓓ Toasted Cheese Sandwich (24g) <> *Turkey Wrap (14-16g) & BBQ sauce (4g) Ⓓ
11/6 *Chicken Nuggets (13g) Ⓓ Cheese & Bean Enchilada (42g) <> Soy Butter & Grape Jelly Sandwich (55g) <>	11/7 NO SCHOOL	11/8 *Cheeseburger Meatloaf on Bread (20g) Turkey Hot Dog on Bun (26g) Ⓓ for <u>K-6 ONLY</u> Soy Butter & Grape Jelly Sandwich (55g) <>	11/9 *Walking Taco (27g) Cheesy Bread Sticks (27g) with Marinara Sauce (4g) <> *Turkey Wrap (14-16g) & BBQ sauce (4g) Ⓓ	11/10 Hamburger/Bun (20g) Ⓓ Teriyaki Chicken on Bun (40g) Ⓓ Soy Butter & Grape Jelly Sandwich (55g) <> Potato Wedges (14g)
11/13 Pepperoni Pizza (30g) *Macaroni-n-Cheese (28g) <> *Turkey Wrap (14-16g) & BBQ sauce (4g) Ⓓ Corn (17g)	11/14 Hamburger on Bun (20g) Ⓓ Turkey Hot Dog on Bun (26g) Ⓓ for <u>K-6 ONLY</u> Soy Butter & Jelly Sandwich (55g) <> Baked Beans (30g) <>	11/15 *Chicken Dippers (1g) Ⓓ Turkey Sausage & French Toast Sticks (39g) Soy Butter & Grape Jelly Sandwich (55g) <>	11/16  *Ohio Day 3-Way Chili (46g) Cheese Pizza (30g) <> *Turkey Wrap (14-16g) & BBQ sauce (4g) Ⓓ	11/17 Chicken Patty on Bun (29g) Ⓓ Toasted Cheese Sandwich (24g) <> *Turkey Wrap (14-16g) & BBQ sauce (4g) Ⓓ
11/20 *Chicken Nuggets (13g) Ⓓ Cheese & Bean Enchilada (42g) <> Soy Butter & Grape Jelly Sandwich (55g) <>	11/21 *Chicken Drumstick (5g) Cheese Pizza (30g) <> *Turkey Wrap (14-16g) & BBQ sauce (4g) Ⓓ Baked Beans (30g) <>	11/22 NO SCHOOL	11/23 THANKSGIVING - NO SCHOOL 	11/24 NO SCHOOL