



**COLUMBUS
CITY SCHOOLS**

ELEMENTARY GRADES PreK-6

February/March 2018 BREAKFAST /LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2/5 Sweet Potato Swirl Roll (33g)	2/6 Maple Pancakes (39g)	2/7 Mini Cinnis (39g)	2/8 Turkey Sausage Pancake Wrap (17g) ☯	2/9 Bagels with Strawberry Creamy Cheese (41g)
2/12 Beef Sausage on Bun (20g) ☯	2/13 Cinnamon French Toast (37g)	2/14 Turkey Sausage Breakfast Pizza (31g)	2/15 Maple Waffles (38g)	2/16 Strawberry Pancakes (40g)
2/19 NO SCHOOL	2/20 Maple Pancakes (39g)	2/21 Mini Cinnis (39g)	2/22 Turkey Sausage Pancake Wrap (17g) ☯	2/23 Bagels with Strawberry Creamy Cheese (41g)
2/26 Beef Sausage on Bun (20g) ☯	2/27 Cinnamon French Toast (37g)	2/28 Turkey Sausage Breakfast Pizza (31g)	3/1 Maple Waffles (38g)	3/2 Strawberry Pancakes (40g)
CHOOSE 1 MAIN ENTRÉE OR CHOOSE 2 OF THESE 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 at breakfast. Fresh fruits and a choice of 1% low fat white milk (13g), or skim chocolate milk (24g) are offered at breakfast/lunch. Vegetables offered daily and legumes weekly at lunch. A complete breakfast and lunch are FREE to every student!!			Grams of carbohydrate for each food are listed as (g). *Sliced wheat bread (12g) offered with entree. <> Meatless entree ☯ Dairy-free entree Pork, seafood, and nut-containing products are not offered. Menu is subject to change. This institution is an equal opportunity provider. Revised 1/25/2018	
LUNCH				
2/5 Cheese Pizza (30g) <> Hamburger on Bun (20g) ☯ *Chicken Fajita and Cheese Wrap (15g) Corn (17g)	2/6 *Cheeseburger Meatloaf on Bread (20g) Turkey Hot Dog on Bun (26g) ☯ for <u>K-6 ONLY</u> Sun Butter (14g) & Bagel (26g)<> ☯ Baked Beans (30g) <>	2/7 *Chicken Dippers (1g) ☯ Turkey Sausage & French Toast Sticks (39g) Soy Butter & Grape Jelly Sandwich (55g) <>	2/8 Hamburger/Bun (20g) ☯ Pepperoni Pizza (30g) *Garden Salad with Egg & Cheese (4g) <> Mixed Veggies -carrot, pea, green bean, lima bean, & corn (9g)	2/9 Chicken Patty on Bun (29g) ☯ Toasted Cheese Sandwich (24g) <> *Turkey Wrap (14-16g) & BBQ sauce (4g) ☯
2/12 *Chicken Nuggets (13g) ☯ Cheese & Bean Enchilada (42g) <> *Cheddar Bits (0g) & Tortilla Strips (23g) <>	2/13 *Chicken Drumstick (5g) ☯ Cheese Pizza (30g) <> Sun Butter (14g) & Bagel (26g)<> ☯ Baked Beans (30g) <>	2/14 BBQ Beef Rib on Bun (43g) Turkey Hot Dog on Bun (26g) ☯ for <u>K-6 ONLY</u> Soy Butter & Grape Jelly Sandwich (55g) <>	2/15 *Ohio Day Beef Taco (32g) Cheesy Bread Sticks (27g) with Marinara Sauce (4g) <> *Turkey Wrap (14-16g) & BBQ sauce (4g) ☯	2/16 Hamburger/Bun (20g) ☯ Veggie Burger with Cheese on Bun (40g) <> Soy Butter & Grape Jelly Sandwich (55g) <> Potato Wedges (14g)
2/19 NO SCHOOL	2/20 *Cheeseburger Meatloaf on Bread (20g) Turkey Hot Dog on Bun (26g) ☯ for <u>K-6 ONLY</u> Sun Butter (14g) & Bagel (26g)<> ☯ Baked Beans (30g) <>	2/21 *Chicken Dippers (1g) ☯ Turkey Sausage & French Toast Sticks (39g) Soy Butter & Grape Jelly Sandwich (55g) <>	2/22 Hamburger/Bun (20g) ☯ Pepperoni Pizza (30g) *Garden Salad with Egg & Cheese (4g) <> Mixed Veggies -carrot, pea, green bean, lima bean, & corn (9g)	2/23 Chicken Patty on Bun (29g) ☯ Toasted Cheese Sandwich (24g) <> *Turkey Wrap (14-16g) & BBQ sauce (4g) ☯
2/26 *Chicken Nuggets (13g) ☯ Cheese & Bean Enchilada (42g) <> *Cheddar Bits (0g) & Tortilla Strips (23g) <>	2/27 *Chicken Drumstick (5g) ☯ Cheese Pizza (30g) <> Sun Butter (14g) & Bagel (26g)<> ☯ Baked Beans (30g) <>	2/28 BBQ Beef Rib on Bun (43g) Turkey Hot Dog on Bun (26g) ☯ for <u>K-6 ONLY</u> Soy Butter & Grape Jelly Sandwich (55g) <>	3/1 *Walking Taco (27g) Cheesy Bread Sticks (27g) with Marinara Sauce (4g) <> *Turkey Wrap (14-16g) & BBQ sauce (4g) ☯	3/2 Hamburger/Bun (20g) ☯ Veggie Burger with Cheese on Bun (40g) <> Soy Butter & Jelly Sandwich (55g) <> Potato Wedges (14g)

