



**COLUMBUS  
CITY SCHOOLS**

**ELEMENTARY GRADES PreK-6**

**January/February 2018 BREAKFAST /LUNCH MENU**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1/8 <b>NO SCHOOL</b>	1/9 Maple Pancakes (39g)	1/10 Mini Cinnis (39g)	1/11 Turkey Sausage Pancake Wrap (17g)	1/12 Bagels with Strawberry Creamy Cheese (41g)
1/15 Martin Luther King Day <b>NO SCHOOL</b>	1/16 Cinnamon French Toast (37g)	1/17 Turkey Sausage Breakfast Pizza (31g)	1/18 Maple Waffles (38g)	1/19 Strawberry Pancakes (40g)
1/22 Sweet Potato Swirl Roll (33g)	1/23 Maple Pancakes (39g)	1/24 <b>NO SCHOOL</b>	1/25 Turkey Sausage Pancake Wrap (17g)	1/26 i Bagels with Strawberry Creamy Cheese (41g)
1/29 Beef Sausage on Bun (20g)	1/30 Cinnamon French Toast (37g)	1/31 Turkey Sausage Breakfast Pizza (31g)	2/1 Maple Waffles (38g)	2/2 Strawberry Pancakes (40g)
<p><b>CHOOSE ONE MAIN ENTRÉE OR CHOOSE TWO OF THE FOLLOWING AT BREAKFAST:</b>            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.            &lt;&gt; Meatless item            D Dairy Free  <u>A complete breakfast and lunch are FREE to every student!!</u>            Pork, seafood, and nut-containing products are not offered.            Menu is subject to change.            This institution is an equal opportunity provider.  <b>Revised 1/9/2018</b></p>	
LUNCH				
1/8 <b>NO SCHOOL</b>	1/9 Cheese Pizza (30g) <> Hamburger on Bun (20g) D *Chicken Fajita and Cheese Wrap (15g) Corn (17g)	1/10 *Cheeseburger Meatloaf on Bread (20g) Turkey Hot Dog on Bun (26g) D for <u>K-6 ONLY</u> Sun Butter (14g) & Bagel (26g)<> D Baked Beans (30g) <>	1/11 *Chicken Dippers (1g) D Turkey Sausage & French Toast Sticks (39g) Soy Butter & Grape Jelly Sandwich (55g) <>	1/12 Hamburger/Bun (20g) D Pepperoni Pizza (30g) *Garden Salad with Egg & Cheese (15g) <> Mixed Veggies -carrot, pea, green bean, lima bean, & corn (9g)
1/15 <b>Martin Luther King Day - NO SCHOOL</b>	1/16 Chicken Patty on Bun (29g) D Toasted Cheese Sandwich (24g) <> *Turkey Wrap (14-16g) & BBQ sauce (4g) D	1/17 BBQ Beef Rib on Bun (43g) Turkey Hot Dog on Bun (26g) D for <u>K-6 ONLY</u> Soy Butter & Grape Jelly Sandwich (55g) <>	1/18 *Ohio Day Turkey/Gravy (2g) Cheesy Bread Sticks (27g) with Marinara Sauce (4g) <> *Turkey Wrap (14-16g) & BBQ sauce (4g) D	1/19 Hamburger/Bun (20g) D Veggie Burger with Cheese on Bun (40g) <> Soy Butter & Grape Jelly Sandwich (55g) <> Potato Wedges (14g)
1/22 Cheese Pizza (30g) <> Hamburger on Bun (20g) D *Chicken Fajita and Cheese Wrap (15g) Corn (17g)	1/23 *Cheeseburger Meatloaf on Bread (20g) Turkey Hot Dog on Bun (26g) D for <u>K-6 ONLY</u> Sun Butter (14g) & Bagel (26g)<> D Baked Beans (30g) <>	1/24 <b>NO SCHOOL</b>	1/25 Hamburger/Bun (20g) D Pepperoni Pizza (30g) *Garden Salad with Egg & Cheese (15g) <> Mixed Veggies -carrot, pea, green bean, lima bean, & corn (9g)	1/26 Chicken Patty on Bun (29g) D Toasted Cheese Sandwich (24g) <> *Turkey Wrap (14-16g) & BBQ sauce (4g) D
1/29 *Chicken Nuggets (13g) D Cheese & Bean Enchilada (42g) <> *Cheddar Bits (0g) & Tortilla Strips (23g) <>	1/30*Chicken Drumstick (5g) D Cheese Pizza (30g) <> Sun Butter (14g) & Bagel (26g)<> D Baked Beans (30g) <>	1/31 BBQ Beef Rib on Bun (43g) Turkey Hot Dog on Bun (26g) D for <u>K-6 ONLY</u> Soy Butter & Grape Jelly Sandwich (55g) <>	2/1* Walking Taco (27g) Cheesy Bread Sticks (27g) with Marinara Sauce (4g) <> *Turkey Wrap (14-16g) & BBQ sauce (4g) D	2/2 Hamburger/Bun (20g) D Veggie Burger with Cheese on Bun (40g) <> Soy Butter & Jelly Sandwich (55g) <> Potato Wedges (14g)