



**COLUMBUS CITY SCHOOLS GRADES 6-12 BREAKFAST MENU**

**February/March 2019**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2/4 Choose One</b>            French Toast Sticks (57g)            Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)</p>	<p><b>2/5 Choose One</b>            Turkey Ham/Egg/Cheese Croissant (29g)            Peanut Butter &amp; Jelly Graham (30g)</p>	<p><b>2/6 Choose One</b>            Turkey Sausage, Egg, &amp; Cheese Pancake Sandwich (32g)            Apple Blueberry Chip Bar (48g)</p>	<p><b>2/7 Choose One</b>            Apple (36g) or Cherry (37g) Frudel Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)</p>	<p><b>2/8 Choose One</b>            Grape-Filled Crescent Roll (35g)            Peanut Butter &amp; Jelly Graham (30g)</p>
<p><b>2/11 Choose One</b>            Cinnabar (45g)            Peanut Butter &amp; Jelly Graham (30g)</p>	<p><b>2/12 Choose One</b>            Egg &amp; Cheese Croissant (28g)            Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)</p>	<p><b>2/13 Choose One</b>            Turkey Sausage &amp; Cheese on Biscuit (27g)            Apple Blueberry Chip Bar (48g)</p>	<p><b>2/14 Choose One</b>            Yogurt Parfait (63-78g)            Peanut Butter &amp; Jelly Graham (30g)</p>	<p><b>2/15 Choose One</b>            Assorted Pancakes (36-40g)            Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)</p>
<p><b>2/18</b>  <b>NO SCHOOL</b></p>	<p><b>2/19 Choose One</b>            Turkey Ham/Egg/Cheese Croissant (29g)            Peanut Butter &amp; Jelly Graham (30g)</p>	<p><b>2/20 Choose One</b>            Turkey Sausage, Egg, &amp; Cheese Pancake Sandwich (32g)            Apple Blueberry Chip Bar (48g)</p>	<p><b>2/21 Choose One</b>            Apple (36g) or Cherry (37g) Frudel Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)</p>	<p><b>2/22 Choose One</b>            Grape-Filled Crescent Roll (35g)            Peanut Butter &amp; Jelly Graham (30g)</p>
<p><b>2/25 Choose One</b>            Cinnabar (45g)            Peanut Butter &amp; Jelly Graham (30g)</p>	<p><b>2/26 Choose One</b>            Egg &amp; Cheese Croissant (28g)            Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)</p>	<p><b>2/27 Choose One</b>            Turkey Sausage &amp; Cheese on Biscuit (27g)            Apple Blueberry Chip Bar (48g)</p>	<p><b>2/28 Choose One</b>            Yogurt Parfait (63-78g)            Peanut Butter &amp; Jelly Graham (30g)</p>	<p><b>3/1 Choose One</b>            Assorted Pancakes (36-40g)            Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)</p>
<p>NO PORK PRODUCTS OFFERED.</p> <p>NUTRIENT AND INGREDIENT CONTENT AVAILABLE UPON REQUEST.</p>	<p>This institution is an equal opportunity provider.</p> <p>Menu is subject to change.</p> <p>Rev 12/20/2018</p>	<p>A variety of fresh fruits, choice of 1% low fat white milk (13g), skim chocolate milk (24g), Dragon punch (fruit &amp; vegetable juice 13g), orange juice (14g), and apple juice (14g), are offered daily with breakfast.</p> <p><b>CHOOSE ONE MAIN ENTRÉE OR CHOOSE TWO OF THE FOLLOWING AT BREAKFAST:</b>            Assorted Cereals (20-27g)            Cheese Stick (1g)            Cinnamon Roll (20g)            Graham Cracker (19g)            Hard Boiled Egg (1g)            Muffins (26-28g)            Honey Roasted Sunflower Seeds (11g)            Yogurt (14-16g)</p>		