



**COLUMBUS
CITY SCHOOLS**

**MARCH/APRIL BREAKFAST MENU
GRADES 6-12**

Breakfast

| MONDAY | TUESDAY | Lean & Green Wed | THURSDAY | FRIDAY | | | | | | | | | | |
|---|---|---|--|---|---------------------------|-------------------|---------------------|----------------------|----------------------|------------------|-------------------------------------|--------------|------------------------------------|--|
| 3/30 Choose One Egg & Cheese Calzone (42g) Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g) | 3/31 Choose One French Toast Sticks (57g) Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g) | 4/1 Choose One Apple (36g) or Cherry (37g) Frudel Cinnamon Toast Crunch Cheese Filled Bar (40g) | 4/2 Choose One Turkey Ham/Egg/Cheese Croissant (30g) Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g) | 4/3 Choose One Turkey Sausage, Egg, & Cheese Pancake Sandwich (33g) Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g) | | | | | | | | | | |
| 4/6 Choose One Cinnabar (45g) Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g) | 4/7 Choose One Yogurt Parfait (63-78g) Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g) | 4/8 Choose One Egg & Cheese Croissant (29g) Cinnamon Toast Crunch Cheese Filled Bar (40g) | 4/9 Choose One Turkey Sausage & Cheese on Biscuit (29g) Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g) | 4/10 Choose One NO SCHOOL | | | | | | | | | | |
| 4/13 Choose One NO SCHOOL | 4/14 Choose One NO SCHOOL | 4/15 Choose One NO SCHOOL | 4/16 Choose One NO SCHOOL | 4/17 Choose One NO SCHOOL | | | | | | | | | | |
| 4/20 Choose One Egg & Cheese Calzone (42g) Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g) | 4/21 Choose One French Toast Sticks (57g) Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g) | 4/22 Choose One Apple (36g) or Cherry (37g) Frudel Cinnamon Toast Crunch Cheese Filled Bar (40g) | 4/23 Choose One Turkey Ham/Egg/Cheese Croissant (30g) Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g) | 4/24 Choose One Turkey Sausage, Egg, & Cheese Pancake Sandwich (33g) Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g) | | | | | | | | | | |
| NO PORK PRODUCTS OFFERED. NUTRIENT AND INGREDIENT CONTENT AVAILABLE UPON REQUEST. | This institution is an equal opportunity provider, employer, and lender. Menu is subject to change. Rev 3/10/2020 | <p>A variety of fresh fruits; students may have as many fresh fruits that they would like to eat. A choice of 1% low fat white milk (13g), skim chocolate milk (22g), orange juice (14g), and apple juice (14g), are offered daily with breakfast.</p> <p>CHOOSE ONE MAIN ENTRÉE OR CHOOSE TWO OF THE FOLLOWING AT BREAKFAST:</p> <table border="0"> <tr> <td>Assorted Cereals (20-28g)</td> <td>Cheese Stick (1g)</td> </tr> <tr> <td>Cinnamon Roll (20g)</td> <td>Graham Cracker (19g)</td> </tr> <tr> <td>Hard Boiled Egg (1g)</td> <td>Muffins (26-29g)</td> </tr> <tr> <td>Honey Roasted Sunflower Seeds (11g)</td> <td>Yogurt (14g)</td> </tr> <tr> <td>Peanut Butter & Jelly Graham (30g)</td> <td></td> </tr> </table> | | | Assorted Cereals (20-28g) | Cheese Stick (1g) | Cinnamon Roll (20g) | Graham Cracker (19g) | Hard Boiled Egg (1g) | Muffins (26-29g) | Honey Roasted Sunflower Seeds (11g) | Yogurt (14g) | Peanut Butter & Jelly Graham (30g) | |
| Assorted Cereals (20-28g) | Cheese Stick (1g) | | | | | | | | | | | | | |
| Cinnamon Roll (20g) | Graham Cracker (19g) | | | | | | | | | | | | | |
| Hard Boiled Egg (1g) | Muffins (26-29g) | | | | | | | | | | | | | |
| Honey Roasted Sunflower Seeds (11g) | Yogurt (14g) | | | | | | | | | | | | | |
| Peanut Butter & Jelly Graham (30g) | | | | | | | | | | | | | | |

SPRING BREAK APRIL 10-17