

COLUMBUS GRADES 6-12 BREAKFAST MEN CITY SCHOOLS September 2019 September 2019

NU Bre	akfast		
IURSDAY	FRIDAY		
Choose One	9/6 Choose One		
age, Egg, & Cheese	Egg & Cheese Calzone (42g)		
Sandwich (33g)	Assorted Bagel (29-		
gel (29-35g)/Cream	35g)/Cream Cheese (2g) or		
) or Peanut Butter	Peanut Butter (6g)		
(6g)			
Choose One	9/13 Choose One		
sage & Cheese on	Assorted Pancakes (36-40g)		
cuit (29g)	Assorted Bagel (29-		
gel (29-35g)/Cream	35g)/Cream Cheese (2g) or		
) or Peanut Butter	Peanut Butter (6g)		
(6g)			
Choose One	9/20 Choose One		
age, Egg, & Cheese	Egg & Cheese Calzone (42g)		
Sandwich (33g)	Assorted Bagel (29-		
gel (29-35g)/Cream	35g)/Cream Cheese (2g) or		
) or Peanut Butter	Peanut Butter (6g)		
(6g)			
Choose One	9/27 Choose One		
sage & Cheese on	Assorted Pancakes (36-40g)		
cuit (29g)	Assorted Bagel (29-		
gel (29-35g)/Cream	35g)/Cream Cheese (2g) or		
) or Peanut Butter	Peanut Butter (6g)		
(6g)			
w fat white milk (13	3g), skim chocolate milk (24g),		

MONDAY	TUESDAY	Lean & Green Wednesday	THURSDAY	FRIDAY	
9/2	9/3 Choose One	9/4 Choose One	9/5 Choose One	9/6 Choose One	
LABOR DAY	Turkey Ham/Egg/Cheese	Apple (36g) or Cherry (37g)	Turkey Sausage, Egg, & Cheese	Egg & Cheese Calzone (42g)	
_	Croissant (30g)	Frudel	Pancake Sandwich (33g)	Assorted Bagel (29-	
NO SCHOOL	Assorted Bagel (29-	Cinnamon Toast Crunch	Assorted Bagel (29-35g)/Cream	35g)/Cream Cheese (2g) or	
	35g)/Cream Cheese (2g)	Cheese Filled Bar (40g)	Cheese (2g) or Peanut Butter	Peanut Butter (6g)	
	or Peanut Butter (6g)		(6g)		
9/9 Choose One	9/10 Choose One	9/11 Choose One	9/12 Choose One	9/13 Choose One	
Cinnabar (45g)	Egg & Cheese Croissant	Yogurt Parfait (63-78g)	Turkey Sausage & Cheese on	Assorted Pancakes (36-40g)	
Assorted Bagel (29-	(29g)	Cinnamon Toast Crunch	Biscuit (29g)	Assorted Bagel (29-	
35g)/Cream Cheese (2g)	Assorted Bagel (29-	Cheese Filled Bar (40g)	Assorted Bagel (29-35g)/Cream	35g)/Cream Cheese (2g) or	
or Peanut Butter (6g)	35g)/Cream Cheese (2g)		Cheese (2g) or Peanut Butter	Peanut Butter (6g)	
	or Peanut Butter (6g)		(6g)		
9/16 Choose One	9/17 Choose One	9/18 Choose One	9/19 Choose One	9/20 Choose One	
French Toast Sticks (57g)	Turkey Ham/Egg/Cheese	Apple (36g) or Cherry (37g)	Turkey Sausage, Egg, & Cheese	Egg & Cheese Calzone (42g)	
Assorted Bagel (29-	Croissant (30g)	Frudel	Pancake Sandwich (33g)	Assorted Bagel (29-	
35g)/Cream Cheese (2g)	Assorted Bagel (29-	Cinnamon Toast Crunch	Assorted Bagel (29-35g)/Cream	35g)/Cream Cheese (2g) or	
or Peanut Butter (6g)	35g)/Cream Cheese (2g)	Cheese Filled Bar (40g)	Cheese (2g) or Peanut Butter	Peanut Butter (6g)	
	or Peanut Butter (6g)		(6g)		
9/23 Choose One	9/24 Choose One	9/25 Choose One	9/26 Choose One	9/27 <u>Choose One</u>	
Cinnabar (45g)	Egg & Cheese Croissant	Yogurt Parfait (63-78g)	Turkey Sausage & Cheese on	Assorted Pancakes (36-40g)	
Assorted Bagel (29-	(29g)	Cinnamon Toast Crunch	Biscuit (29g)	Assorted Bagel (29-	
35g)/Cream Cheese (2g)	Assorted Bagel (29-	Cheese Filled Bar (40g)	Assorted Bagel (29-35g)/Cream	35g)/Cream Cheese (2g) or	
or Peanut Butter (6g)	35g)/Cream Cheese (2g)		Cheese (2g) or Peanut Butter	Peanut Butter (6g)	
	or Peanut Butter (6g)		(6g)		
NO PORK PRODUCTS		A variety of fresh fruits, choice of 1% low fat white milk (13g), skim chocolate milk (24g),			
OFFERED.	This institution is an equal	orange juice (14g), and apple juice (14g), are offered daily with breakfast.			
	opportunity provider,				
NUTRIENT AND	employer, and lender.	CHOOSE ONE MAIN ENTRÉE OR CHOOSE TWO OF THE FOLLOWING AT BREAKFAST:			
INGREDIENT CONTENT		Assorted Cereals (20-28g) Cheese Stick (1g)			
AVAILABLE UPON	Menu is subject to	Cinnamon Roll (20g) Graham Cracker (19g)			
REQUEST.	change.	Hard Boiled Egg (1g)	Muffins (26-29g)		
	Rev 8/5/19	Honey Roasted Sunflower Seeds (11g) Yogurt (14g) Page 18 Page 18 Political Seeds (20g)		ogurt (14g)	
		Peanut Butter & Jelly Graham (30g)			