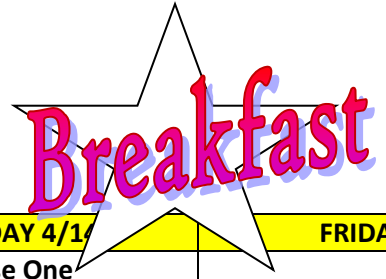
COLUMBUS CITY SCHOOLS

# MS/HS BREAKFAST MENU

## APRIL/MAY 2022




| MONDAY 4/11 | TUESDAY 4/12 | Lean & Green Wed 4/13 | THURSDAY 4/14 | FRIDAY 4/15 |
|---|---|---|---|---|
| **Choose One**<br>Maple Waffle (37g)<br>Assorted Bagel (30-37g)/Cream Cheese (2g) | **Choose One**<br>Cook's Choice<br>Assorted Bagel (30-37g)/Cream Cheese (2g) | **Choose One**<br>Cook's Choice<br>Assorted Bagel (30-37g)/Cream Cheese (2g) | **Choose One**<br>Cook's Choice<br>Assorted Bagel (30-37g)/Cream Cheese (2g) | **NO SCHOOL** |
| **SPRING BREAK** **SCHOOLS CLOSED APRIL 15 - 22** | | | | |
| **MONDAY 4/25** | **TUESDAY 4/26** | **Lean & Green Wed 4/27** | **THURSDAY 4/28** | **FRIDAY 4/29** |
| **Choose One**<br>Maple Waffle (37g)<br>Assorted Bagel (30-37g)/Cream Cheese (2g) | **Choose One**<br>Cook's Choice<br>Assorted Bagel (30-37g)/Cream Cheese (2g) | **Choose One**<br>Cook's Choice<br>Assorted Bagel (30-37g)/Cream Cheese (2g) | **Choose One**<br>Cook's Choice<br>Assorted Bagel (30-37g)/Cream Cheese (2g) | **Choose One**<br>Assorted Pancakes (36-39g)<br>Assorted Bagel (30-37g)/Cream Cheese (2g) |
| **MONDAY 5/2** | **TUESDAY 5/3** | **Lean & Green Wed 5/4** | **THURSDAY 5/5** | **FRIDAY 5/6** |
| **Choose One**<br>French Toast Sticks (57g)<br>Assorted Bagel (30-37g)/Cream Cheese (2g) | **Choose One**<br>Cook's Choice<br>Assorted Bagel (30-37g)/Cream Cheese (2g) | **Choose One**<br>Cook's Choice<br>Assorted Bagel (30-37g)/Cream Cheese (2g) | **Choose One**<br>Cook's Choice<br>Assorted Bagel (30-37g)/Cream Cheese (2g) | **Choose One**<br>Cook's Choice<br>Assorted Bagel (30-37g)/Cream Cheese (2g) |
| **MONDAY 5/9** | **TUESDAY 5/10** | **Lean & Green Wed 5/11** | **THURSDAY 5/12** | **FRIDAY 5/13** |
| **Choose One**<br>Maple Waffle (37g)<br>Assorted Bagel (30-37g)/Cream Cheese (2g) | **Choose One**<br>Cook's Choice<br>Assorted Bagel (30-37g)/Cream Cheese (2g) | **Choose One**<br>Cook's Choice<br>Assorted Bagel (30-37g)/Cream Cheese (2g) | **Choose One**<br>Cook's Choice<br>Assorted Bagel (30-37g)/Cream Cheese (2g) | **Choose One**<br>Assorted Pancakes (36-39g)<br>Assorted Bagel (30-37g)/Cream Cheese (2g) |
| 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 3/16/2022 | A variety of fresh fruits to eat. Choice of 1% low fat white milk (13g), skim chocolate milk (22g), orange juice (14g), and apple juice (14g) offered daily with breakfast.<br>CHOOSE ONE MAIN ENTRÉE **OR CHOOSE TWO OF THE FOLLOWING** AT BREAKFAST:<br>Assorted Cereals (20-24g) Hard Boiled Egg (1g) Yogurt (12g)<br>Cheese Stick (1g) Granola (15g) Graham Cracker (19g) Muffins (26-29g)<br>Sunflower Seeds (11g) | | |