

October 2017

Columbus Public Schools



****BREAKFAST MENU****

- Mondays - PB&J Custable, Apple Slices, & Milk
- Tuesdays - Meat Stick, Creme Filled Mini Bagels, & Juice Box
- Wednesdays - Apple Muffin, String Cheese, Banana, & Milk
- Thursdays - Breakfast Pizza, Mandarin Fruit Cup, & Milk
- Fridays - Yogurt, Granola, Craisins, and Milk



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday

Hot Ham & Cheese
Fries
Peas
Pears

Chicken Teriyaki Bites
Rice
Stir Fry Veggies
Mandarins

Taco Soup
Applesauce
Brownie

Chicken Sandwich
Carrots & Celery
Peaches

French Bread Pizza
w/ Marinara
Blueberry Crisp

Hamburgers
Fries
Normandy Blend
Pineapple

Hot Dogs
Baked Beans
Chips
Mixed Fruit

Chef Salad
Cheese Filled Pretzels
Mandarins

Spaghetti
Green Beans
Peaches
Garlic Bread

Burritos w/ Cheese Sauce
Spanish Rice
Carrots
Pears

Turkey & Gravy
Mashed Potatoes
Green Beans
Pineapple
Pumpkin Bar w/ Icing

Sloppy Joe's
Normandy Blend
Chunky Apples

Chicken Noodle Soup
PB & Honey Sandwiches
Carrots
Mixed Fruit

NO SCHOOL

NO SCHOOL

ES: Ravioli
MS/HS: Meatball Subs

Carrots

Quesadillas
Rice
Black Beans
Pineapple

Tomato Soup
Gilled Cheese Sandwich
Celery Sticks
Applesauce Cups

Goulash
Corn
Mixed Fruit
Roll

Chicken Alfredo
Normandy Blend
Pears
Donuts or Cornbread Muffin

Chicken Nuggets
Fries
Apples w/ Carmel
Cheerio Snack Mix

Chili Fritos
Carrots & Celery



October 2017

LUNCH

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Monday

Tuesday

Wednesday

Thursday

Friday

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