

February 2018

Columbus Public Schools



Breakfast Menu

Mondays - PopTart, Meat Stick, Juice Box
 Tuesdays - Mini Blueberry Waffles, Mixed Berry Fruit Puree Tube, Milk
 Wednesdays - Banana Bread, Milk, Applesauce Cup
 Thursdays - Breakfast Bar, Pear Cup, Milk
 Fridays - Breakfast Stick, Banana, 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



Turkey & Gravy
 Mashed Potatoes
 Green Beans
 Pears
 Roll **1**

Chicken Nuggets
 Roasted Butternut Squash
 Chunky Apples **2**

Chili Fritos
 Carrots
 Mixed Fruit
 Cookie **5**

Spaghetti
 Garlic Bread
 Peas
 Pineapple **6**

Pizza
 Corn
 Peach Cups
 Cookie **7**

BBQ Pork Rib Sandwich
 Cross Cut Fries
 Green Beans
 Apricots **8**

Drumsticks
 Rice Pilaf
 Steamed Broccoli
 Pears
 Go-gurts **9**

Taco Salad
 Basco Stick
 Carrots
 Pears **12**

Cheesy Hamburger Macaroni
 Green Beans
 Oranges
 Roll **13**

Chicken Nuggets
 Fries
 Pineapple
 Cake **14**

Soup & Sandwiches
 Celery Sticks
 Apple Sauce
 Cookie **15**

NO SCHOOL **16**

Chicken Sandwich
 Peas
 Vanilla Yogurt
 Diced Mangos
 Brownie **19**

Crispitos w/ Cheese Sauce
 Green Beans
 Pineapple
 Cinnamon Roll **20**

Hamburgers
 Fries
 Pears **21**

Lasagna
 Bread Sticks
 Salad
 Peaches **22**

Hotdogs
 Baked Beans
 Mixed Fruit
 Rice Krispy Bar **23**

Pulled Pork Sandwich
 Coleslaw
 Chips
 Pineapple **26**

Nachos
 Green Beans
 Apples w/ Carmel **27**

Chicken Fajita Salad
 Fresh Broccoli
 Roll
 Peaches **28**

