

September 2017

Columbus Public Schools

LUNCH

Breakfast Menu



Monday's - Breakfast Bar, Cheese Sticks, Halo, Milk
 Tuesday's - Cereal Bowl, Banana, Milk
 Wednesday's - Yogurt, Graham Cracker Sticks, Juice Box
 Thursday's - Toaster Pastry, Cheese Cubes, Dried Apple Slices
 Friday's - Egg & Cheese Breakfast Wrap, 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



Corndogs
 Baked Beans
 Frozen Orange Fruit Icee **1**

NO SCHOOL **4**

Hamburgers
 Sweet Potato Fries
 Peaches
 Choc Chip Bar **5**

Spaghetti
 Green Beans
 Pears
 Garlic Bread **6**

BBQ Pork Rib Sandwich
 Normandy Blend
 Mandarins **7**

Beef Strips
 Mashed Potatoes
 Gravy
 Mixed Fruit **8**

BBQ Chicken Flatbread
 Corn
 Pineapple **11**

Tater Tot Casserole
 Cooked Carrots
 Applesauce **12**

Turkey & Cheese Sandwich
 Broccoli
 Watermelon **13**

Beef Chalupas
 Black Beans
 Strawberry Crisp **14**

Chicken Strips
 Potato Smiles
 Grapes
 Cookie **15**

Chicken & Noodles
 Broccoli
 Pineapple
 Roll **18**

Baked Potato Bar
 w/ all the "fixins"
 Blueberry Crisp **19**

Nachos
 Green Beans
 Vanilla Yogurt
 Diced Peaches **20**

Chili
 Carrots
 Mixed Fruit
 Cornbread Muffin **21**

Pizza
 Corn
 Mandarins **22**

NO SCHOOL **25**

Lasagna
 Salad
 Pears
 Apple Filled Breadstick **26**

Crispitos
 Celery Sticks
 Pineapple
 Churro **27**

Chicken Enchiladas
 Corn
 Mandarins **28**

Taco Salad
 Carrots
 Peaches
 Cookie **29**