

December 2017

Columbus Public Schools



Breakfast Menu

Mondays: Choc Chip Granola Bar, Cheese Stick, Apple Slices, Milk
 Tuesdays: Pancake Wrap, Applesauce Cup, Milk
 Wednesdays: Cereal, Craisins, Meat Sticks, Milk
 Thursdays: Mini French Toast, Cheese Stick, Juice Box
 Fridays: UBR Breakfast Cookie, Banana



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



Sloppy Joe's
 Cooked Carrots
 Peaches
 Blueberry Crisp **4**

Baked Potato Bar
 (ex: chili, onions, cheese, bacon,
 steamed broccoli, cheese sauce)
 Pineapple
 Cheerio Snack Mix **5**

Pizza
 Corn
 Pears
 Cookie **6**

Beef Chalupas
 w/ Shredded Lettuce
 Black Beans
 Apricots
 Apple Filled Basco Sticks **7**

Hamburgers
 Fries
 Mixed Fruit
 Cookie **1**

BBQ Pork Rib Sandwich
 Normandy Blend
 Strawberries & Bananas **8**

Hamburger Gravy
 Mashed Potatoes
 Peas & Carrots
 Spiced Chunky Apples
 Roll **11**

Hotdogs
 Baked Beans
 Chips
 Mandarins **12**

Chicken Noodle Soup
 PB & Honey Sandwich
 Celery Sticks
 Pineapple
 Cookie **13**

Lasagna
 Salad
 Mixed Fruit
 Breadstick **14**

Taco Salad
 Carrots
 Pears
 Cinnamon Roll **15**

Cheesy Hamburger Macaroni
 Green Beans
 Pineapple
 Roll **18**

Turkey & Gravy
 Mashed Potatoes
 Corn
 Peaches
 Pumpkin Bars w/ Frosting **19**

French Dips w/ Au jus
 Season Fries
 Steamed Broccoli
 Mandarins **20**

Hamburgers
 Fries
 Applesauce Cups
 Cookie **21**

NO SCHOOL **22**

NO SCHOOL **25**

NO SCHOOL **26**

NO SCHOOL **27**

NO SCHOOL **28**

NO SCHOOL **29**