

## Central Columbia Secondary Breakfast Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: |
| 5/1/23 | 5/2/23 | 5/3/23 | 5/4/23 | 5/5/23 |
| Cinnamon Toast Breakfast Bread <br> Assorted 100\% Fruit Juice <br> \& Assorted Fresh or Canned Fruit Choice of Milk | Bagel Pizza <br> Assorted 100\% Fruit Juice <br> \& Assorted Fresh <br> or Canned Fruit <br> Choice of Milk | Strawberry Filled <br> Pull Apart Bagel <br> Assorted 100\% Fruit Juice <br> \& Assorted Fresh <br> or Canned Fruit <br> Choice of Milk | Breakfast Sandwich <br> Assorted 100\% Fruit Juice <br> \& Assorted Fresh <br> or Canned Fruit <br> Choice of Milk | Assorted Muffins <br> Assorted 100\% Fruit Juice <br> \& Assorted Fresh <br> or Canned Fruit <br> Choice of Milk |
| 5/8/23 | 5/9/23 | 5/10/23 | 5/11/23 | 5/12/23 |
| Apple Frudel <br> Assorted 100\% Fruit Juice \& Assorted Fresh or Canned Fruit Choice of Milk | Cinni Mini <br> Assorted 100\% Fruit Juice <br> \& Assorted Fresh <br> or Canned Fruit <br> Choice of Milk | Chocolate Chip French Toast <br> Assorted 100\% Fruit Juice \& Assorted Fresh or Canned Fruit Choice of Milk | Breakfast Sandwich <br> Assorted 100\% Fruit Juice <br> \& Assorted Fresh or Canned Fruit Choice of Milk | Donuts <br> Assorted 100\% Fruit Juice <br> \& Assorted Fresh or Canned Fruit Choice of Milk |
| 5/15/23 | 5/16/23 | 5/17/23 | 5/18/23 | 5/19/23 |
| Cinnamon Toast Breakfast Bread <br> Assorted 100\% Fruit Juice \& Assorted Fresh or Canned Fruit Choice of Milk | Bagel Pizza <br> Assorted 100\% Fruit Juice <br> \& Assorted Fresh <br> or Canned Fruit <br> Choice of Milk | Strawberry Filled Pull Apart Bagel <br> Assorted 100\% Fruit Juice \& Assorted Fresh or Canned Fruit Choice of Milk | Breakfast Sandwich <br> Assorted 100\% Fruit Juice <br> \& Assorted Fresh <br> or Canned Fruit <br> Choice of Milk | No School <br> Senior Exit interviews |
| 5/22/23 | 5/23/23 | 5/24/23 | 5/25/23 | 5/26/23 |
| Apple Frudel <br> Assorted 100\% Fruit Juice \& Assorted Fresh or Canned Fruit Choice of Milk | Cinni Mini <br> Assorted 100\% Fruit Juice \& Assorted Fresh or Canned Fruit Choice of Milk | Chocolate Chip French Toast <br> Assorted 100\% Fruit Juice \& Assorted Fresh or Canned Fruit Choice of Milk | Breakfast Sandwich <br> Assorted 100\% Fruit Juice \& Assorted Fresh or Canned Fruit Choice of Milk | Donuts <br> Assorted 100\% Fruit Juice \& Assorted Fresh or Canned Fruit Choice of Milk |
| 5/29/23 | 5/30/23 | 5/31/23 | 6/1/23 | 6/2/23 |
| Memorial Day No school | $\qquad$ | Strawberry Filled Bagel Assorted 100\% Fruit Juice <br> \& Assorted Fresh or Canned Fruit Choice of Milk | Breakfast Sandwich | Assorted Muffins |
| MONDAY JUNE 5 <br> Grab \& Go <br> Breakfast | $\begin{gathered} \text { TUESDAY JUNE } 6 \\ \hline \text { Grab \& Go } \\ \text { Breakfast } \end{gathered}$ | $\begin{gathered} \text { WEDNESDAY JUNE } 7 \\ \text { NO } \\ \text { BREAKFAST } \end{gathered}$ | \& Assorted Fresh or Canned Fruit Choice of Milk | \& Assorted Fresh or Canned Fruit Choice of Milk |
| Students FREE |  |  |  |  |

What is a Meal? You must choose at least 3 of the 4 components available for the school breakfast price.

Choice of: Grain or grain/protein
Choice of fruit or vegetable (must take at least a $\mathbf{1 / 2}$ cup) and
Choice of Milk $1 \%$ white, fat-free white,
fat-free chocolate
You must take at least $\mathbf{1 / 2}$ cup of fruit or vegetable

Whole Grain Cereal Selection May Include:

## Trix

Cocoa Puffs Lucky Charms Golden Grahams Cinnamon Toast Crunch

Fruit May Include: Canned peaches, applesauce, pears, pineapple, fruit cocktail, mandarin oranges, $100 \%$ juice (apple, orange), fresh fruit selection including apples, bananas and oranges

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General Manager
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MENU SUBJECT TO CHANGE BASED ON PRODUCT AVAILABILITY

PAYMENT \& NUTRITION @ SCHOOLCAFE.COM


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