Columbus Municipal School District

SEPTEMBER 2017

MIDDLE SCHOOL BREAKFAST MENU

MILK
Offered Daily
1% White
and
Fat Free – Flavored

http://www.choosemyplate.gov/

PRICES

Breakfast	
Student	$ .000
Adult	$ 1.85
Visitors	$ 1.85
Lunch	
Student	$ 0.00
Adult	$ 3.20
Visitors	$ 3.20

Salad Dressing

Note:
All Garden Salads on the Hot Food serving line are served with (1 oz.) or PC RF-Buttermilk Ranch Dressing

SEASONAL FRESH FRUIT
Served Daily on ALL lines

Apple, Orange or Banana
OFFERED Daily

This Menu
Is Subject
To Change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 **FRENCH TOAST STICKS** **HAM SLICE** **ASSORTED COLD CEREALS** Fresh Fruit Bowl Assorted Fruit Juice Assorted Milk
4 	5 **GRILLED CHEESE SANDWICH** **ASSORTED COLD CEREAL** Fresh Fruit Bowl Assorted Vegetable Juice Assorted Milk	6 **ASSORTED BREAKFAST BREAD** **ASSORTED COLD CEREAL** Fresh Fruit Bowl Assorted Fruit Juice Assorted Milk	7 **SAUSAGE & PANCAKE ON A STICK** **ASSORTED COLD CEREAL** Fresh Fruit Bowl Assorted Fruit Juice Assorted Milk	8 **CINNAMON ROLL** **HAM SLICE** **ASSORTED COLD CEREAL** Fresh Fruit Bowl Assorted Fruit Juice Assorted Milk
11 **APPLE FRUDEL** **ASSORTED COLD CEREAL** Fresh Fruit Bowl Assorted Fruit Juice Assorted Milk	12 **BISCUIT & BACON** **ASSORTED COLD CEREAL** Fresh Fruit Bowl Assorted Fruit Juice Assorted Milk	13 **PANCAKES** **SAUSAGE PATTY** **ASSORTED COLD CEREAL** Fresh Fruit Bowl Assorted Vegetable Juice Assorted Milk	14 **BREAKFAST SAUSAGE PIZZA** **ASSORTED COLD CEREAL** Fresh Fruit Bowl Assorted Fruit Juice Assorted Milk	15 **SAUSAGE & PANCAKE ON A STICK** **ASSORTED COLD CEREAL** Fresh Fruit Bowl Assorted Fruit Juice Assorted Milk
18 **CHERRY FRUDEL** **ASSORTED COLD CEREAL** Fresh Fruit Bowl Assorted Fruit Juice Assorted Milk	19 **SAUSAGE AND BISCUIT** **ASSORTED COLD CEREAL** Fresh Fruit Bowl Assorted Fruit Juice Assorted Milk	20 **GRILLED CHEESE SANDWICH** **ASSORTED COLD CEREAL** Fresh Fruit Bowl Assorted Fruit Juice Assorted Milk	21 **WAFFLES IN A BAG** **HAM SLICE** **ASSORTED COLD CEREAL** Fresh Fruit Bowl Assorted Fruit Juice Assorted Milk	22 **BREAKFAST SAUSAGE PIZZA** **ASSORTED COLD CEREAL** Fresh Fruit Bowl Assorted Fruit Juice Assorted Milk
25 **BANANA BREAKFAST BREAD** **ASSORTED COLD CEREAL** Fresh Fruit Bowl Assorted Vegetable Juice Assorted Milk	26 **BACON, EGG, CHEESE BISCUIT** **ASSORTED COLD CEREAL** Fresh Fruit Bowl Assorted Fruit Juice Assorted Milk	27 **FRENCH TOAST STICKS** **HAM SLICE** **ASSORTED COLD CEREAL** Fresh Fruit Bowl Assorted Fruit Juice Assorted Milk	28 **CINNAMON ROLL** **HAM SLICE** **ASSORTED COLD CEREAL** Fresh Fruit Bowl Assorted Fruit Juice Assorted Milk	29 **SOUTHERN BISCUIT** **BREAKFAST CHICKEN PATTY** **ASSORTED COLD CEREAL** Fresh Fruit Bowl Assorted Fruit Juice Assorted Milk