MILK
Offered Daily
1% White
and
Fat Free – F

lavored
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:

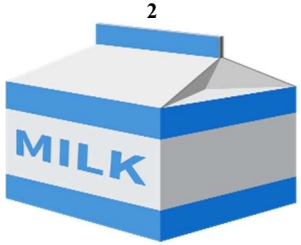
All Garden Salads on the Hot Food serving line are served with (1 oz.) or PC RF-Buttermilk Ranch Dressing

SEASONAL FRESH FRUIT
Served Daily on ALL lines

Apple, Orange or Banana OFFERED Daily

This Menu Is Subject To Change.

Columbus Municipal School District **January** **2019** **HIGH SCHOOL BREAKFAST**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2 	3	4
7 **SAUSAGE & PANCAKE ON A STICK** **HOT BOWL OF GRITS** **CINNAMON TOAST CEREAL** Fresh Fruit Bowl Assorted Fruit Juice Assorted Milk	8 **APPLE FRUDEL** **HOT BOWL OF GRITS** **FROSTED FLAKES** Fresh Apple Assorted Milk	9 **SAUSAGE & BISCUIT** **HOT BOWL OF GRITS** **ASSORTED COLD CEREAL** Fresh Fruit Bowl Assorted Fruit Juice Assorted Milk	10 **BANANA BREAKFAST BREAD** **HOT BOWL OF GRITS** **ASSORTED COLD CEREAL** Fresh Fruit Bowl Assorted Fruit Juice Assorted Milk	11 **BREAKFAST SAUSAGE PIZZA** **BOWL OF GRITS** **ASSORTED COLD CEREAL** Fresh Fruit Bowl Assorted Fruit Juice Assorted Milk
14 **CINNAMON ROLLS** **HAM SLICE** **HOT BOWL OF GRITS** **ASSORTED COLD CEREAL** Fresh Fruit Bowl Assorted Fruit Juice Assorted Milk	15 **BISCUIT & BACON** **HASHBROWN POTATOES** **HOT BOWL OF GRITS** **ASSORTED COLD CEREAL** Fresh Fruit Bowl Assorted Fruit Juice Assorted Milk	16 **CHEESE OMELETTE** **TOAST** **HOT BOWL OF GRITS** **CINNAMON TOAST CEREAL** Fresh Fruit Bowl Assorted Fruit Juice Assorted Milk	17 **FRENCH TOAST STICKS** **HOT BOWL OF GRITS** **ASSORTED COLD CEREAL** Fresh Fruit Bowl Assorted Fruit Juice Assorted Milk	18 **BREAKFAST SAUSAGE PIZZA** **HOT BOWL OF GRITS** **ASSORTED COLD CEREAL** Fresh Fruit Bowl Assorted Fruit Juice Assorted Milk
	22 **BANANA BREAKFAST BREAD** **HAM SLICE** **HOT BOWL OF GRITS** **CINNAMON TOAST CEREAL** Fresh Fruit Bowl Assorted Fruit Juice Assorted Milk	23 **SAUSAGE & BISCUIT** **HOT BOWL OF GRITS** **ASSORTED COLD CEREAL** Fresh Fruit Bowl Assorted Fruit Juice Assorted Milk	24 **GRILLED CHEESE SANDWICH** **HOT BOWL OF GRITS** **ASSORTED COLD CEREAL** Fresh Fruit Bowl Assorted Fruit Juice Assorted Milk	25 **SAUSAGE & GRAVY BAGEL** **SCRAMBLED EGGS** **HOT BOWL OF GRITS** **ASSORTED COLD CEREAL** Fresh Fruit Bowl Assorted Fruit Juice Assorted Milk
28 **HAM CROISSANT** **HASHBROWN POTATOES** **HOT BOWL OF GRITS** **FROSTED FLAKES** Fresh Fruit Bowl Assorted Fruit Juice Assorted Milk	29 **BACON, EGG, & CHEESE BISCUIT** **HOT BOWL OF GRITS** **ASSORTED COLD CEREAL** Fresh Fruit Bowl Assorted Fruit Juice Assorted Milk	30 **APPLE FRUDEL** **HOT BOWL OF GRITS** **ASSORTED COLD CEREAL** Fresh Fruit Bowl Assorted Fruit Juice Assorted Milk	31 **SAUSAGE & PANCAKE ON A STICK** **HOT BOWL OF GRITS** **ASSORTED CEREAL** Fresh Fruit Bowl Assorted Fruit Juice Assorted Milk	