

2022

November

COLUMBUS PREP BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
31	01 WG Pastry or Muffin Yogurt Fruit Juice	02 WG Pastry/Super Doughnut Fruit Juice Applesauce	03 Cereal Bar Cheese Stix Fresh Fruit Fruit Juice	04 HOT BREAKFAST Fruit Juice Applesauce	05	06
07 Cereal Kit Fresh Fruit	08	09 WG Pastry/Super Doughnut Fruit Juice Applesauce	10 Cereal Bar Cheese Stix Fresh Fruit Fruit Juice	11 HOT BREAKFAST Fruit Juice Applesauce	12	13
14 Cereal Kit Fresh Fruit	15 WG Pastry or Muffin Yogurt Fruit Juice	16 WG Pastry/Super Doughnut Fruit Juice Applesauce	17 Cereal Bar Cheese Stix Fresh Fruit Fruit Juice	18 HOT BREAKFAST Fruit Juice Applesauce	19	20
21 Cereal Kit Fresh Fruit	22 WG Pastry or Muffin Yogurt Fruit Juice	23	24	25	26	27
28 Cereal Kit Fresh Fruit	29 WG Pastry or Muffin Yogurt Fruit Juice	30 HOT BREAKFAST Fruit Cup or Applesauce	01	02	03	04
05	06	Notes: Milk is included with meal. Choose from Fat Free White, FF Chocolate Milk, Vanilla or Chocolate Soy Milk. Assorted Fruit Cups or Fresh Fruit served with breakfast. Menus are subject to change due to availability of foods or unplanned school closings. THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER. Contact: Melissa Bryant 614.747.0196 PLANT-BASED OPTIONS AVAILABLE				