

# 2023

# January

## COLUMBUS PREP BREAKFAST

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