

# 2023

# February

## COLUMBUS PREP BREAKFAST

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