

# MAY

# Columbus Prep LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
<b>High schoolers may take (2) 4 oz Fruit cups or (2) of the whole fruit option</b>		Hot Dog 3g on a WG Bun 25g Veg Baked Beans 30g Fruit Slushie 22g <b>Cal: 510</b> <b>Sodium: 649mg</b> <b>Sugar: 23g</b>	<b>Pizza Day</b> WG Pizza Slice 23g Spinach Salad 4g WG Cookie 18g Apple 18g <b>Cal: 420</b> <b>Sodium: 530mg</b> <b>Sugars: 31g</b>	Turkey & Cheese WRAP In a WG Tortilla 24g Mixed Veggies 19g Banana 27g <b>Cal: 478</b> <b>Sodium: 765mg</b> <b>Sugar: 23g</b>
6	7	8	9	10
Chzburger on a WG Bun 30g Veg Baked Beans 30g Fruit Slushie 22g <b>Cal: 510</b> <b>Sodium: 844mg</b> <b>Sugar: 34g</b>		BBQ Meatball Sub 22g on a WG Bun 28g Mixed Vegetables 10g Banana 27g <b>Cal: 700</b> <b>Sodium: 880</b> <b>Sugar: 33g</b>	<b>Pizza Day</b> WG Pizza Slice 23g Spinach Salad 4g WG Cookie 18g Apple 18g <b>Cal: 420</b> <b>Sodium: 530mg</b> <b>Sugars: 31g</b>	Chix Salad SUB in a WG Bun 29g Mixed Veggies 19g Banana 27g <b>Cal: 455</b> <b>Sodium: 765mg</b> <b>Sugar: 23g</b>
13	14	15	16	17
BBQ Chix Patty 23g on a WG Bun 19g Veg Baked Beans 30g Banana 27g <b>Cal: 579</b> <b>Sodium: 786mg</b> <b>Sugars: 45g</b>	<b>TACO Tuesday</b> Chix Burrito 25g Corn 19g Pears 25g <b>Cal: 461</b> <b>Sodium: 727mg</b> <b>Sugars :22g</b>	Turkey & Cheese SUB In a WG SUB 22g Mixed Veggies 19g Banana 27g <b>Cal: 478</b> <b>Sodium: 765mg</b> <b>Sugar: 23g</b>	<b>Pizza Day</b> WG Pizza Slice 23g Spinach Salad 4g WG Cookie 18g Apple 18g <b>Cal: 420</b> <b>Sodium: 530mg</b> <b>Sugars: 31g</b>	Chix Gyro In a WG Pita 35g Fries 30g Mxd Fruit Cup 22g <b>Cal: 625</b> <b>Sodium: 402mg</b> <b>Sugars: 36g</b>
20	21	22	23	24
Chix Nuggets 14g Veg Baked Beans 30g Applesauce 17g <b>Cal: 550</b> <b>Sodium: 665mg</b> <b>Sugars: 70g</b>	<b>TACO Tuesday</b> Chix Burrito 25g Corn 19g Pears 25g <b>Cal: 461</b> <b>Sodium: 727mg</b> <b>Sugars :22g</b>	<b>Pizza Day</b> WG Pizza Slice 23g Spinach Salad 4g WG Cookie 18g Apple 18g <b>Cal: 420</b> <b>Sodium: 530mg</b> <b>Sugars: 31g</b>		
27	28	29	30	31
			<b>Carb grams indicated in ORANGE.</b>  <b>Milk offered with each meal: 1% Milk 12g or Fat Free Chocolate 24g</b>	<b>VEGAN OPTIONS AVAILABLE</b>
<b>Menus are subject to change due to availability of food or unplanned school closings.</b> <b>THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER</b> <b>Contact THERESA BARNES 937-239-1453 or SAM BARNES 937-238-2510</b>				

# MAY

# Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Donut <b>23g</b> Applesauce <b>17g</b> Fruit Juice <b>20g</b>  <b>Cal: 290</b> <b>Sodium: 320mg</b> <b>Sugar: 31mg</b>	WG Muffin <b>30g</b> Applesauce <b>17g</b> Fruit Juice <b>20g</b> <b>Cal: 330</b> <b>Sodium: 270mg</b> <b>Sugar: 54g</b>	WG Pastry <b>25g</b> Applesauce <b>17g</b> Fruit Juice <b>20g</b> <b>Cal: 370</b> <b>Sodium: 200mg</b> <b>Sugar: 47g</b>
6	7	8	9	10
WG Cereal Bowl <b>30g</b> Graham Cracker <b>11g</b> Applesauce <b>17g</b> Fruit Juice <b>20g</b> <b>Cal: 326</b> <b>Sod: 270mg</b> <b>Sugars: 62g</b>	WG Cereal Bar <b>30g</b> Go-Gurt <b>8g</b> Applesauce <b>17g</b> Fruit Juice <b>20g</b> <b>Cal: 445</b> <b>Sodium: 185mg</b> <b>Sugar: 58g</b>	Donut <b>23g</b> Applesauce <b>17g</b> Fruit Juice <b>20g</b>  <b>Cal: 290</b> <b>Sodium: 320mg</b> <b>Sugar: 31mg</b>	WG Muffin <b>30g</b> Applesauce <b>17g</b> Fruit Juice <b>20g</b> <b>Cal: 330</b> <b>Sodium: 270mg</b> <b>Sugar: 54g</b>	WG Pastry <b>25g</b> Applesauce <b>17g</b> Fruit Juice <b>20g</b> <b>Cal: 370</b> <b>Sodium: 200mg</b> <b>Sugar: 47g</b>
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27	28	29	30	31
				CPA

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