

COLUMBUS SCHOOL

BREAKFAST MENU

SEPTEMBER 2010

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



8
Whole Grain Fruit Muffin
Whole Grain,
Reduced-Sugar Cereal
Skim or 1 % white Milk
100 % Fruit Juice

9
Honey Wheat Bagel
(w/ Light cream cheese)
Corn Muffin
100 % Fruit Juice
Skim or 1% White Milk

10
Whole Grain Fruit Muffin
Whole Grain,
Reduced-Sugar Cereal
Fresh Whole Fruit
Skim or 1% White Milk
Fruit Flavored Yogurt

13
Whole Grain Fruit Muffin
Whole Grain,
Reduced-Sugar Cereal
Skim or 1 % white Milk
100 % Fruit Juice

14
**NO
SCHOOL**
Professional
Development Day

15
Whole Grain Fruit Muffin
Whole Grain,
Reduced-Sugar Cereal
Skim or 1 % white Milk
100 % Fruit Juice

16
Whole Grain Fruit Muffin
Whole Grain,
Reduced-Sugar Cereal
Fresh Whole Fruit
Skim or 1% White Milk
Fruit Flavored Yogurt

17
Honey Wheat Bagel
(w/ Light cream cheese)
Corn Muffin
100 % Fruit Juice
Skim or 1% White Milk

20
Whole Grain Fruit Muffin
Whole Grain,
Reduced-Sugar Cereal
Skim or 1 % white Milk
100 % Fruit Juice

21
Whole Grain Fruit Muffin
Whole Grain,
Reduced-Sugar Cereal
Fresh Whole Fruit
Skim or 1% White Milk
Fruit Flavored Yogurt

22
Whole Grain Fruit Muffin
Whole Grain,
Reduced-Sugar Cereal
Skim or 1 % white Milk
100 % Fruit Juice

23
Honey Wheat Bagel
(w/ Light cream cheese)
Corn Muffin
100% Fruit Juice
Skim or 1% White Milk

24
Whole Grain Fruit Muffin
Whole Grain,
Reduced-Sugar Cereal
Fresh Whole Fruit
Skim or 1% White Milk
Fruit Flavored Yogurt

27
Whole Grain Fruit Muffin
Whole Grain,
Reduced-Sugar Cereal
Skim or 1 % white Milk
100 % Fruit Juice

28
Whole Grain Fruit Muffin
Whole Grain,
Reduced-Sugar Cereal
Skim or 1 % white Milk
100 % Fruit Juice

29
Honey Wheat Bagel
(w/ Light cream cheese)
Corn Muffin
Fresh Whole Fruit
Skim or 1% White Milk

30
Whole Grain Fruit Muffin
Whole Grain,
Reduced-Sugar Cereal
Fresh Whole Fruit
Skim or 1% White Milk
Fruit Flavored Yogurt



Breakfast at the Columbus School is FREE and available to all students.

The complete breakfast listed on this menu is offered each day in the cafeteria and in the classrooms between 8:30 and 8:45 AM.
Menu is subject to change.