

# OCTOBER 2022

## COLUMBUS COMMUNITY SCHOOLS

EARLY OUT FRIDAYS @ 1:55 PM.

MENUS MAY BE CHANGED DUE TO CIRCUMSTANCES BEYOND OUR CONTROL.  
THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

### Monday

Frudel and fruit

3

Spaghetti w/meat sauce  
Romaine lettuce w/Ranch  
Apricots  
Wheat roll

### Tuesday

Pancakes and Sausage

4

Taco- wheat tortilla, shredded lettuce, cheese, Salsa  
Refried Beans  
Applesauce  
NATIONAL TACO DAY!

### Wednesday

Scone and fruit

5

Chicken Patty on a WG bun  
Green Beans  
Kiwi

### Thursday

Breakfast pizza –egg/bacon  
Or Sausage

6

Beef & Noodles  
Mashed potatoes  
Corn  
Peaches

NATIONAL NOODLE DAY!

### Friday

Waffles in a bag

7

Hot Ham and Cheese  
Sweet Potato puffs  
Pears

Breakfast mountain-egg patty  
Cheese, sausage on English muffin

10

Beefy cheesy Nachos  
Refried Beans  
Applesauce

NATIONAL SCHOOL LUNCH WEEK

Scrambled eggs/Ham & toast

11

Sausage pizza  
Romaine lettuce w/ Ranch  
Mixed Fruit

NATIONAL SAUSAGE PIZZA DAY!

Cereal toast & fruit

12

Pork fritter on WG bun  
Tatar tots  
Orange

Breakfast biscuit- egg patty  
Bacon and Cheese

13

Texas mountain- hamburger,  
Mashed potatoes, cheese sauce  
on Texas toast, Carrots  
Pears

Breakfast pizza-egg/bacon  
Or Sausage

14

Turkey wrap- turkey slices,  
Lettuce, tomato, & cheese  
Fritos  
Apples Slices

Omelet wrap

17

Beef and Bean Burrito w/cheese sauce, Salsa  
Romaine lettuce w/ Ranch  
Peaches

Breakfast pizza-egg/bacon  
Or Sausage

18

Creamed Chicken on a Biscuit  
Peas  
Mandarin Oranges

Mini Cinnis and fruit

19

Wiener Wink  
Mashed potatoes  
Green beans  
Apricots

Long John and fruit

20

Breakfast for lunch- Pancakes,  
Hash brown, Sausage patty,  
Omelet, Tomato, Apple, Grape  
or Orange Juice

Sausage gravy and biscuit

21

Corn dog  
Baked beans  
Cottage cheese  
Pineapple

Cereal and Toast

24

Walking Taco-hamburger,  
Doritos, lettuce and cheese  
Salsa  
Pinto beans  
Applesauce

Bagel w/ cream cheese

25

Cheese or Pepperoni pizza  
Corn  
Orange

P/T Conference 1:55 Dismissal

French Toast Sticks

26

Chicken strips  
Broccoli Mixed fruit  
Pretzel w/ cheese sauce

NATIONAL PRETZEL DAY!

Breakfast pizza –egg/bacon  
Or Sausage

27

Hamburger (loose meat) on a  
WG bun, French Fries  
Pears and pineapple  
NATIONAL POTATO DAY!  
P/T Conference 1:55 dismissal

28

NO SCHOOL!

Donut and fruit

31

Tomato soup  
Grilled cheese, Crackers  
Celery and carrot sticks  
Pears

Orange Juice and milk served with Breakfast. Milk choices served with Lunch, Pre-K white milk only.

Also available instead of main entrée MS/HS: Cold Meat Sandwich, Chef Salad w/Roll, or Cereal w/PB&J sandwich, &1 cheese stick.

Roundy 4-6 Grades: Cereal w/PB&J sandwich & 1 cheese stick or Chef salad w/roll.

ON LATE START OR HOLIDAY MEALS THERE WILL BE NO SALADS, CEREALS OR FFFV PROGRAM. NO FFFV PROGRAM ON EARLY OUT DAYS.