

OCTOBER 2018

Columbus Community Schools

Juice, Milk, Fruit and Cereal Choices are
Offered Daily with Breakfast.

Milk Choices Served Daily With
Lunch. Pre K White Milk Only.

Monday

Omelet Wrap
Mini Corn Dogs
Baked Beans
Cottage Cheese
Fresh Pineapple

1

Cereal and Toast
Spaghetti
Lettuce with Spinach
Wheat Roll
Peaches in a cup

8

Breakfast Biscuit
Pizza Melts
Romaine Lettuce
Ranch
Mixed Fruit

15

Frudel
Tomato Soup
Grilled Cheese
Veggie Sticks
Pears

22

Yogurt
Gold Fish Crackers
Crispito
Spinach Salad
Ranch
Cinnamon Rolls
Peaches

29

Tuesday

Breakfast Pizza
Sausage, Egg and Bacon
Chicken Alfredo
Noodles
Spinach Salad (Ranch)
Breadstick
Peaches

2

Pancakes and sausage
Pizza
Corn
Applesauce

9

Cereal Bar
Fruit
Hot Beef Sandwich
Mashed Potatoes with Gravy
Corn
Kiwi

16

Mini Cinnis
Pork Fritter
Whole Grain Bun
Corn
Blueberries
2:00 Dismissal

23

Sausage Gravy and Biscuit
Burrito
Refried Beans
Rice
Pineapple

30

Wednesday

Long John and Fruit
Taco
Flour Shell
Lettuce, Cheese and Salsa
Refried Beans
Rice
Apricots

3

Scrambled Eggs and Ham
Mc Rib
Whole Grain Bun
Sweet Potato Puffs Broccoli
Pears

10

Donut
Fruit
Sloppy Jo
Whole Grain Bun
French Fries
Peaches

17

Breakfast Burrito
French Bread Pizza
Romaine Lettuce
Ranch
Apricots

24

Long John
Orange Frosting
Chicken Patty
Whole Grain Bun
Smile, Fries
Orange Slices

31

Thursday

Muffin and Fruit
Hot Ham and Cheese
Whole Grain Bun
Celery (Peanut Butter)
Fruit Slushy

4

Breakfast Pizza
Sausage, Bacon and Egg
National Local Food Day
Chicken Nuggets
Mashed Potatoes
Corn
Apple

11

Breakfast Pizza
Sausage, Egg and Bacon
Orange Chicken
Rice, Fortune Cookie
California Blend
Pineapple

18

Breakfast Pizza
Sausage, Bacon and egg
Misc. Chicken
Mashed Potatoes
Steamed Carrots
Strawberry Short Cake
2:00 Dismissal

25

Friday

Ham Slice and Toast
Popcorn Chicken
Mashed Potatoes
Broccoli with cheese
Pears

5

French Toast Sticks
Hot Dog
Whole Grain Bun
Carrots in a bag
Banana

12

Omelet Wrap
Taqitos
Corn Chips
Salsa
Refried Beans
Pears

19

No School

26

Also Available Instead of Main Lunch

Entrée: Hs/ Jr High Cold Meat Sandwich, Chef Salad, or 2 Cereal with 2 Cheese Sticks.

Roundy Grades 4 thru 6 Chef Salad

4-6 Cereal & Smucker Uncrustable with 1 Oz Cheese Stick

For All: Alternate Fruit and Vegetable or Both Offered Daily.

Menus May Be Changed Due To Circumstances Beyond Our Control. This Institution is an Equal Opportunity Provider.