

## Central Columbia Secondary Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
11/28/22	11/29/22	11/30/22	12/1/22	12/2/22
In-service  No School	Breakfast Pizza  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Bagel w/ Cream Cheese  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Mini Waffles  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Cinni Mini  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
12/5/22	12/6/22	12/7/22	12/8/22	12/9/22
Cinnamon Toast Breakfast Bread  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Bagel Pizza  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Strawberry Filled Pull Apart Bagel  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Mini French Toast  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted Muffins  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
12/12/22	12/13/22	12/14/22	12/15/22	12/16/22
Apple Frudel  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Breakfast Pizza  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Bagel w/ Cream Cheese  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Mini Waffles  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Cinni Mini  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
12/19/22	12/20/22	12/21/22	12/22/22	12/23/22
Cinnamon Toast Breakfast Bread  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Bagel Pizza  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Strawberry Filled Pull Apart Bagel  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Teacher In-service No School	Holiday Break No School
12/26/22	12/27/22	12/28/22	12/29/22	12/30/22

### What is a Meal?

You must choose at least 3 of the 4 components available for the school breakfast price.

Choice of: Grain or grain/protein  
Choice of fruit or vegetable (must take at least a 1/2 cup) and  
Choice of Milk  
1% white, fat-free white, fat-free chocolate

You must take at least 1/2 cup of fruit or vegetable

### Whole Grain Cereal Selection May Include:

Cinnamon Toast Crunch  
Trix  
Cocoa Puffs  
Fruity Cheerios  
Rice Crunch  
Cheerios  
Fruit Loops  
Frosted Flakes

### Fruit May Include:

Canned peaches, applesauce, pears, pineapple, fruit cocktail, mandarin oranges, 100% juice (apple, orange), fresh fruit selection including apples, bananas and oranges

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MENU SUBJECT TO CHANGE  
BASED ON PRODUCT AVAILABILITY

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