Breakfast Menu

June 2016

THE CITY OF COLUMBUS
ANDREW J. GINTHER, MAYOR
RECREATION AND PARKS DEPARTMENT

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
5	6	7	8	9	10	11
	Apple Oatmeal Bar (27g) Graham Crackers(17g) Juice Box (15g) White Milk(13g)	Cinnamon Flakes -RS (24g) Waffle Grahams (21g) Juice Box (15g) White Milk (13g)	Strawberry Oatmeal Bar (27g) Graham Crackers(17g) Juice Box(15g) White Milk(13g)	Apple Jacks-RS(24g) Waffle Grahams(21g) Juice Box(15g) White Milk(13g)	Chocolate Oatmeal Bar(27g) Graham Crackers(17g) Juice Box(15g) White Milk(13g)	
12	13	14	15	16	17	18
	Frosted Flakes-RS(24g) Waffle Grahams(21g) Juice Box(15g) White Milk (13g)	Fruit Loops-RS(24g) Waffle Grahams(21g) Juice Box(15g) White Milk(13g)	Apple Oatmeal Bar (27g) Graham Crackers(17g) Juice Box (15g) White Milk(13g)	Cinnamon Flakes -RS (24g) Waffle Grahams (21g) Juice Box (15g) White Milk (13g)	Strawberry-Oatmeal Bar(27g) Graham Crackers (17g) Juice Box(15g) White Milk(13g)	
19	20	21	22	23	24	25
	Apple Jacks-RS(24g) Waffle Grahams(21g) Juice Box(15g) White Milk(13g)	Chocolate Oatmeal Bar(27g) Graham Crackers(17g) Juice Box(15g) White Milk(13g)	Frosted Flakes-RS(24g) Waffle Grahams(21g) Juice Box(15g) White Milk (13g)	Fruit Loops-RS(24g) Waffle Grahams(21g) Juice Box(15g) White Milk(13g)	Apple Oatmeal Bar (27g) Graham Crackers(17g) Juice Box (15g) White Milk(13g)	
26	27	28	29	30	1	2
	Cinnamon Flakes -RS (24g) Waffle Grahams (21g) Juice Box (15g) White Milk (13g)	Strawberry Oatmeal Bar (27g) Graham Crackers(17g) Juice Box(15g) White Milk(13g)	Apple Jacks-RS(24g) Waffle Grahams(21g) Juice Box(15g) White Milk(13g)	Chocolate Oatmeal Bar(27g) Graham Crackers(17g) Juice Box(15g) White Milk(13g)		
	ALL MEAL COMPONENTS MEET THE USDA SUMMER FEEDING PROGRAM REQUIREMENTS. NO PEANUT OR PORK PRODUCTS SERVED. 1% WHITE MILK AND NONFAT CHOCOLATE MILK PROVIDED. GRAMS OF CARBOHYDRATE LISTED IN PARENTHESES. MENU SUBJECT TO CHANGE. USDA/CCSD ARE EQUAL OPPORTUNITY EMPLOYERS AND PROVIDERS. Revised 3/17/16					

Columbus City Schools

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