

# SEPTEMBER | 2020



## Columbia K-6<sup>th</sup> Grade Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>31</b> Cocoa Puffs Cereal Bar Peach Cup Milk	<b>1</b> Banana Bread Applesauce Milk	<b>2</b> Trix Yogurt Bug Bites Craisins Milk	<b>3</b> Chocolate Donuts Juice Milk	<b>4</b> No School
<b>7</b> No School	<b>8</b> Granola Bar Applesauce Milk	<b>9</b> Cereal Juice Milk	<b>10</b> Powdered Donuts Banana Milk	<b>11</b> Whole Grain Muffin Raisins Milk
<b>14</b> Cinnamon Toast Crunch Cereal Bar Juice Milk	<b>15</b> Cocoa Bread Applesauce Milk	<b>16</b> Go Gurt Scooby Snacks Juice Milk	<b>17</b> Chocolate Donuts Banana Milk	<b>18</b> Cinnamon Roll Craisins Milk
<b>21</b> Trix Cereal Bar Juice Milk	<b>22</b> Granola Bar Applesauce Milk	<b>23</b> Cereal Juice Milk	<b>24</b> Powdered Donuts Banana Milk	<b>25</b> Whole Grain Muffin Raisins Milk
<b>28</b> Cocoa Puffs Cereal Bar Juice Milk	<b>29</b> Banana Bread Applesauce Milk	<b>30</b> Cereal Juice Milk	<b>1</b> Chocolate Donuts Banana Milk	<b>2</b> Cinnamon Roll Craisins Milk

*Breakfast is provided in the classroom. It is offered to students in K-6<sup>th</sup> grade free of charge.*

**Breakfast is a very important meal!** A good breakfast fuels you up and gets you ready for the day. In general, kids that eat breakfast have more energy, do better in school, and eat healthier throughout the day.

