

# Columbia School District No. 206

## September 2023 Breakfast Menu

PLEASE NOTE: Milk choice includes a choice of non-fat (flavored or unflavored) or 1% (unflavored) milk. All Grain items are Whole Grain Rich.  
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			31 Breakfast Burrito Fruit Choice Fruit Juice	1 Breakfast Smoothie w/ toast Fruit choice
4 NO SCHOOL	5 Hot Cereal Fruit choice Fruit Juice	6 Whole Grain Cereal Yogurt Cup Fruit Juice Fruit Choice	7 Eggs and Toast Fruit Choice Fruit Juice	8 Breakfast Smoothie w/g mini cinni Fruit choice
11 Whole Grain Cereal Yogurt Cup Fruit Juice Fruit Choice	12 Breakfast Sandwich Fruit Juice Fruit choice	13 Whole Grain Cereal Yogurt Cup Fruit Juice Fruit Choice	14 Sausage on a Stick Fruit Juice Fruit Choice	15 Breakfast Smoothie w/ granola bar Fruit choice
18 Whole Grain Cereal Yogurt Cup Fruit Juice Fruit Choice	19 Pancakes and Sausage Fruit Choice Fruit Juice	20 Whole Grain Cereal Yogurt Cup Fruit Juice Fruit Choice	21 Breakfast Burrito Fruit Choice Fruit Juice	22 Breakfast Smoothie w/g toast Fruit choice
25 Whole Grain Cereal Yogurt Cup Fruit Juice Fruit Choice	26 Eggs and Toast Fruit Choice Fruit Juice	27 Whole Grain Cereal Yogurt Cup Fruit Juice Fruit Choice	28 Hot Cereal Fruit choice	29 Breakfast Smoothie w/g bagel Fruit choice

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