# JUMP START YOUR DAY WITH CBISD BREAKFAST

1-A MINI MAPLE PANCAKES OR FROOT LOOPS CEREAL GRAHAM CRACKERS PEARS 100 % FRUIT JUICE MILK VARIETY	1-B BLUEBERRY MUFFINS OR APPLE JACKS CEREAL GRAHAM CRACKERS STRAWBERRY CUP 100 % FRUIT JUICE MILK VARIETY	1-C BREAKFAST TACO W/PICANTE SAUCE OR GOLDEN GRAHAMS CEREAL GRAHAM CRACKERS RED APPLE SLICES 100 % FRUIT JUICE MILK VARIETY	I-D BLUEBERRY WAFFLES W/ SYRUP OR FROSTED FLAKES CEREAL GRAHAM CRACKERS BANANA 100 % FRUIT JUICE MILK VARIETY	I-E STRAWBERRY POPTARTS OR LUCKY CHARMS CEREAL GRAHAM CRACKERS STRAWBERRY BANANA APPLESAUCE 100 % FRUIT JUICE MILK VARIETY
2-A FRENCH TOAST STICKS W/ SYRUP OR FROOT LOOPS CEREAL GRAHAM CRACKERS APPLESAUCE CUP 100 % FRUIT JUICE MILK VARIETY	2-B EGGSTRAVAGNZA W/TOAST & JELLY OR APPLE JACKS CEREAL GRAHAM CRACKERS PINEAPPLE TIDBITS 100% FRUIT JUICE MILK VARIETY	2-C BREAKFAST PIZZA OR CHEERIOS CEREAL TOAST WHOLE ORANGE 100 % FRUIT JUICE MILK VARIETY	2-D FLAPSTICK W/SYRUP OR CINNAMON TOAST CRUNCH CEREAL GRAHAM CRACKERS PEAR CUP 100% FRUIT JUICE MILK VARIETY	2-E KOLACHE OR CHERRIOS CEREAL GRAHAM CRACKERS STRAWBERRY CUP 100 % FRUIT JUICE MILK VARIETY
3-A BREAKFAST TACO W/ PICANTE SAUCE OR FROOT LOOPS CEREAL GRAHAM CRACKERS PEAR CUP 100 % FRUIT JUICE MILK VARIETY	3-B BLUEBERRY MUFFINS OR APPLEJACKS CEREAL GRAHAM CRACKERS RED DELICIOUS APPLE 100 % FRUIT JUICE MILK VARIETY	3-C SAUSAGE & EGG BISCUIT W/JELLY GOLDEN GRAHAMS CEREAL GRAHAM CRACKERS ORANGE SMILEYS 100 % FRUIT JUICE MILK VARIETY	3-D STRAWBERRY POP TARTS OR FROSTED FLAKES CERAL GRAHAM CRACKERS BANANA 100 % FRUIT JUICE MILK VARIETY	3-E STRAWBERRY VOGURT W/ GRANOLA OR LUCKY CHARMS CEREAL GRAHAM CRACKERS MANDARIN ORANGES 100 % FRUIT JUICE MILK VARIETY
4-A FRENCH TOAST STICKS W/SYRUP OR FROOT LOOPS CEREAL GRAHAM CRACKERS MANDARIN ORANGES 100 % FRUIT JUICE MILK VARIETY	4-B EGGSTRAVAGNZA W/TOAST & JELLY OR APPLE JACKS CEREAL TOAST PINEAPPLE TIDBITS 100 % FRUIT JUICE MILK VARIETY	4-C CHOCOLATE MUFFIN W/SAUSAGE OR CHEERIOS CEREAL GRAHAM CRACKERS STRAWBERRY CUP 100 % FRUIT JUICE MILK VARIETY	4-D KOLACHE OR CINNAMON TOAST CRUNCH CEREAL GRAHAM CRACKERS PEAR CUP 100 % FRUIT JUICE MILK VARIETY	4-E SAUSAGE BISCUIT W/ JELLY OR CHERRIOS CEREAL GRAHAM CRACKERS RED DELICIOUS APPLE 100 % FRUIT JUICE MILK VARIETY

For a complete breakfast meal students must take at least 3 food items one of which must be a fruit or vegetable. Ala carte prices will be charged for individual items if a complete meal is not taken.

Breakfast cycle dates correspond with Lunch

Check out the CBISD website cbisd.com for nutritional information, My School Bucks Online payments, menus, promotions and Online Free/Reduced Meal Applications!

## Breakfast is at <u>no cost</u> to elementary students! Adults Breakfast \$2.25

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(1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov., This institution is an equal opportunity provider.

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Columbia-Brazoria ISD 2022-2023 K- 5TH ELEMENTARY MENU

Every Day Entrée Choices: 1. PLATE LUNCH (yellow) 2. PIZZA CHOICE (blue)

3. SIDES (green)

an entrée choice

all sides offered (green)

milk variety choice

CYCLE 1	ENTRÉE CHOICE	1-A	1-B	1-C	1-D	1-E
Aug 18-19 Sept 12-16 Oct 11-14 Nov 7-11 Dec 12-15 Jan 23-27 Feb 21-24 Mar 27-31 Apr 24-28 May 22-25	PLATE LUNCH	CHICKEN TENDERS W/CREAM GRAVY &ROLL	CRISPY TACO	CHIILI CHEESE DOG MUSTARD PKT	CHOPPED BBQ SANDWICH W/ PICKLE SLICES	CHEESEBURGER MAYO&MUSTARD
	PIZZA CHOICE	CHEESE PIZZA	PEPPERONI PIZZA	GARLIC PIZZA STICKS MARINARA SAUCE	PEPPERONI PIZZA	CHEESE PIZZA
	SIDES (goes with all entrée choices)	WHIPPED POTATOES PEAS & CARROTS PEAR CUP	SHRED LETTUCE-TOMATOES REFRIED BEANS STRAWBERRY CUP	BAKED BEANS CARROTEENIE W/ RANCH APPLE SLICES	BROCCOLI WINTER BLEND CUCUMBER SLICES W/RANCH BANANA	BURGER VEGGIES FRENCH FRIES W/ KETCHUP STRAW. BANANA APPLESAUC
CYCLE 2	ENTRÉE CHOICE	2-A	2-B	2-C	2-D	2-E
Aug 22-26 Sept 19-23 Oct 17-21 Nov 14-18 Jan 4-6 Jan.30-Feb 3 Feb 27-Mar 3 Apr 3-6 May 1-5	PLATE LUNCH	BREADED CHICKEN PATTY W/GRAVY &DINNER ROLL	CHICKEN DRUM- STICKS W/ TEXAS TOAST	CHICKEN FRIED STEAK W/GRAVY& TEXAS TOAST	FRITO PIE	CHILI CHEESE FRIES
	PIZZA CHOICE	CHEESE PIZZA	PEPPERONI PIZZA	CHEESE PIZZA	PEPPERONI PIZZA	CHEESE PIZZA
	SIDES (goes with all entrée choices)	POTATO WEDGES SPINACH PLAIN APPLESAUCE	CORN NIBLETS VEGGIE STICKS W/ RANCH PINEAPPLE TIDBITS	WHIPPED POTATOES W/ GRAVY GREEN BEANS ORANGE SMILEY	RANCHERO BEANS CARROT TENNIE W/ RANCH DRESSING PEAR CUP	PINTO BEANS TOSSED SALAD W/ RANCH PEACH CUP
CYCLE 3	ENTRÉE CHOICE	3-A	3-B	3-C	3-D	3-E
Aug 29-Sept 2 Sept 26-30 Oct 24 –28 Nov 28-Dec 2 Jan 9-13 Feb 6-10 Mar 6-10 Apr 10-14 May 8-12	PLATE LUNCH	CHICKEN NUGGETS W/ GRAVY &ROLL	CORN DOG W/ MUSTARD OR MAYO	STEAKFINGER DIPPER W/GRAVY & ROLL	CHILI CHEESE ENCHILADAS	CRUNCHY FISH STICKS W TARTER SAUCE
	PIZZA CHOICE	CHEESE PIZZA	PEPPERONI PIZZA	PEPPERONI PIZZA	GARLIC STICKS W/ MARIANA SAUCE	CHEESE PIZZA
	SIDES (goes with all entrée choices)	SCALLOPED POTATOES BROCCOLI &CHEESE PEAR CUP	VEGETARIN BEANS CARROT TEENIE RED APPLE SLICES	GREEN BEANS POTATO ROASTERS ORANGE SLICES	PINTO BEANS FIESTA SALAD SPAINSIH RICE BANANA	FRENCH FRIES VEGGIE STICKS W/RANCH MANDARIN ORANGES
CYCLE 4	ENTRÉE CHOICE	4-A	4-B	4-C	4-D	4-E
Sept 6-9 Oct 3-7 Oct 31–Nov 4 Dec 5-9 Jan 17-20 Feb 13-17 Mar 20-24 Apr 17-21 May 15-19	PLATE LUNCH	POPCORN CHICKEN SMACKERS W/GRAVY &ROLL	CHILI CHEESE BURRITO	BEEF SPAGHETTI W/BREADSTICK	ASIAN CHICKEN W/FORTUNE COOKIE	NACHOS
	PIZZA CHOICE	CHEESE PIZZA	PEPPERONI PIZZA	STUFFED PIZZA STICKS W/MARINARA	PEPPERONI PIZZA	CHEESE PIZZA
	SIDES (goes with all entrée choices)	WHIPPED POTATOES CARROT COINS CUCUMBER SLICES W/ RANCH MANDARIN ORANGES	CORN NIBLETS LETTUCE&TOMATO PINEAPPLE TIDBITS	ITALIAN GREEN BEANS TOSSED SALAD W/RANCH STRAWBERRY CUP	BROCCOLI COLESALW PEAR CUP	VEGGIE STICKS W/ RANCH RANCHERO BEANS PEACH CUP

### **LUNCH PRICES** STUDENT LUNCH PRICE \$2.85 ADULT LUNCH PRICE \$4.50

For a complete LUNCH meal students must take at least 3 components,
one of which must be a vegetable or fruit side
dish.

Students <u>may take all</u> offered components within each meal grouping..