

JUMP START YOUR DAY WITH CBISD BREAKFAST



1-A Flapsticks Cereal 100 % Apple Juice MILK VARIETY	1-B Biscuits and sSquage Patties 100 % F Orange Juice MILK VARIETY	1-C CHEERIOS CEREAL BOWL 100 % Apple Juice JUICE MILK VARIETY	1-D Boiled EGGS & CINNA- BREAD 100 % FRUIT JUICE MILK VARIETY	1-E Poptarts -sStrawberry 100 % FRUIT JUICE MILK VARIETY
2-A Pancakes- - Mini Maple 100 % FRUIT JUICE MILK VARIETY	2-B FROSTED FLAKES CEREAL 100 % FRUIT JUICE MILK VARIETY	2-C Blueberry—Muffins 100 % FRUIT JUICE MILK VARIETY	2-D CHEERIOS CEREAL BOWL 100 % FRUIT JUICE MILK VARIETY	2-E Pig in a blanket 100 % FRUIT JUICE MILK VARIETY
3-A FROSTED FLAKES CEREAL 100 % FRUIT JUICE MILK VARIETY	3-B French Toast Sticks 100 % FRUIT JUICE MILK VARIETY	3-C CHEERIOS CEREAL BOWL 100 % FRUIT JUICE MILK VARIETY	3-D Boiled Eggs Cinnamon Toast 100 % FRUIT JUICE MILK VARIETY	3-E Cinnamon Toast Crunch Cereal 100 % FRUIT JUICE MILK VARIETY
4-A Waffles—dutch Syrup 100 % FRUIT JUICE MILK VARIETY	4-B Egg/Bacon Eggstravaga 100 % FRUIT JUICE MILK VARIETY	4-C MINI MAPLE PANCAKES 100 % FRUIT JUICE MILK VARIETY	4-D PIG-N-BLANKET 100 % FRUIT JUICE MILK VARIETY	4-E CHEERIOS CEREAL BOWL 100 % FRUIT JUICE MILK VARIETY

EAT SMART PLAY HARD



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 no cost to elementary students!

Breakfast cycle dates correspond with Lunch cycles dates.

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MENUS ARE SUBJECT TO CHANGE DUE TO PRODUCT AVAILABILITY OR PROMOTIONS

EAT SMART PLAY HARD



Columbia-Brazoria ISD 2018-2019















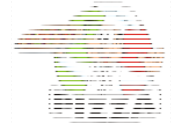





PRE-K MENU

PK Lunch

LUNCH PRICES
 Reduced Price Lunch \$.40
 Full Price Lunch \$2.75



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CYCLE 1	CYCLE 1-A	CYCLE 1-B	CYCLE 1-C	CYCLE 1-D	CYCLE 1-E
Aug 13-17 Sept 10-14 Oct 11-18 Nov 5-9 Jan 21-25 Feb 18-22 Mar 25-29 Apr 22-26 May 27-31	Chicken Tenders Potatoes-Gravy Apple slices Milk 	Ham and Cheese Sandwich Burger Veggies Chilly Peach Cup 	Drumstick w/roll Green Beans Orange Smileys Milk 	Taco Stick Corn Niblets Pineapple Tidbits Milk 	Pizza Square Evercrisp fries Diced Pears Milk 
CYCLE 2	CYCLE 2-A	CYCLE 2-B	CYCLE 2-C	CYCLE 2-D	CYCLE 2-E
Aug 20-24 Sept 17-21 Oct 15-19 Nov 12-16 Dec 17-21 Jan 28-Feb 1 Feb 25-Mar 1 Apr 1-4 Apr 29-May 3	Chicky Rings-Gravy Carrot Coins Strawberry Cup Milk 	Mini Cheese Dog Pinto Beans Blue Raspberry Applesauce Milk 	Spaghetti w/ Sauce Italian Green Beans Chilly Pear Cup Milk 	Steak Nuggets Gravy Corn Niblets Banana Milk 	Pizza Square Mixed Vegetables Applesauce Cup Milk 
CYCLE 3	CYCLE 3-A	CYCLE 3-B	CYCLE 3-C	CYCLE 3-D	CYCLE 3-E
Aug 27-31 Sept 24-28 Oct 22-26 Nov 26-30 Jan 7-11 Feb 4-8 Mar 4-8 Apr 8-12 May 8-12	Chicken Nuggets Scalloped Potatoes Carroteenies-Ranch Apple Slices Milk 	EZ Jammer—small Cheese Sticks Beans Baked Pineapple Tidbits Milk 	Cheese Enchilada Corn Niblets Cinna Applesauce Milk 	Pizza-4" Cheese Round Carroteenie w/ Ranch Dressing Mandarin Oranges Milk 	Fish Sticks Potatoes-Fries Chilly Peaches Milk 
CYCLE 4	CYCLE 4-A	CYCLE 1-B	CYCLE 4-C	CYCLE 4-D	CYCLE 4-E
Sept 3-7 Oct 1-5 Oct 29 - Nov 2 Dec 3-7 Jan 14-18 Feb 11-15 Mar 18-22 Apr 15-19 May 13-17	Popcorn Smackers Popeye Spinach Raspberry Applesauce Milk 	Chicken Slider Pickle Slices Squeezy Fruit Milk 	Asian Wings Snap Peas Banana Berry Bowl Milk 	Tamale-Cheese Sauce Mexicalli Corn Orange Smileys Milk 	Cheese Pizza Square Carroteenie w/ Ranch Strawberry Cup Milk 

FRUITS-Fuel up with fruits.

VEGETABLES-Color your plate with veggies.

GRAINS-Make at least 1/2 grains WHOLE grains.

PROTEIN-Choose a variety of proteins.

DAIRY-Contains calcium for strong bones.

**Keep on moving!
60 minutes a day**