

# JUMP START YOUR DAY WITH CBISD BREAKFAST



<b>1-A</b> <b>MINI MAPLE PANCAKES</b> OR <b>FROOT LOOPS CEREAL</b> <b>GRAHAM CRACKERS</b> PEAR CUP 100% JUICE VARIETY MILK VARIETY	<b>1-B</b> <b>BLUEBERRY MUFFINS</b> OR <b>APPLE JACKS</b> <b>GRAHAM CRACKERS</b> <b>STRAWBERRY CUP</b> 100% JUICE VARIETY MILK VARIETY	<b>1-C</b> <b>SAUSAGE BISCUIT</b> <b>W/JELLY</b> OR <b>CHEERIOS CEREAL</b> <b>GRAHAM CRACKERS</b> <b>CHILLED PEACHES</b> 100%JUICE VARIETY MILK VARIETY	<b>1-D</b> <b>BLUEBERRY WAFFLES</b> OR <b>GOLDEN GRAHAM</b> <b>CEREAL</b> <b>GRAHAM CRACKERS</b> <b>BANANA</b> 100% JUICE VARIETY MILK VARIETY	<b>1-E</b> <b>STRAWBERRY POPTARTS</b> OR <b>CHEERIOS CEREAL</b> <b>GRAHAM CRACKERS</b> <b>SOUR APPLE APPLESAUCE</b> 100% JUICE VARIETY MILK VARIETY
<b>2-A</b> <b>FRENCH TOAST STICKS</b> <b>W/SYRUP</b> OR <b>FROOT LOOPS CEREAL</b> <b>GRAHAM CRACKERS</b> <b>STRAWBERRY CUP</b> 100%JUICE VARIETY MILK VARIETY	<b>2-b</b> <b>EGGSTRAVANGZA</b> <b>W/TOAST</b> OR <b>APPLE JACK CEREAL</b> <b>GRAHAM CRACKERS</b> <b>PINEAPPLE TIDBITS</b> 100% JUICE VARIETY MILK VARIETY	<b>2-C</b> <b>BREAKFAST PIZZA</b> OR <b>FROSTED FLAKES</b> <b>CEREAL</b> <b>TOAST</b> <b>WHOLE ORANGE</b> 100% JUICE VARIETY MILK VARIETY	<b>2-D</b> <b>FLAPSTICK W / SYRUP</b> OR <b>CINNAMON TOAST</b> <b>CRUNCH CEREAL</b> <b>TOAST</b> <b>PEAR CUP</b> 100% JUICE VARIETY MILK VARIETY	<b>2-E</b> <b>KOLACHE</b> OR <b>LUCKY CHARMS</b> <b>CEREAL</b> <b>GRAHAM CRACKERS</b> <b>PEACH CUP</b> 100% JUICE VARIETY MILK VARIETY
<b>3-A</b> <b>BREAKFAST TACO</b> <b>DELUXE</b> OR <b>FROOT LOOPS CEREAL</b> <b>GRAHAM CRACKERS</b> <b>APPLESAUCE CUP</b> 100% JUICE MILK VARIETY	<b>3-B</b> <b>BLUEBERRY MUFFINS</b> OR <b>APPLE JACKS CEREAL</b> <b>TOAST</b> <b>STRAWBERRY CUP</b> 100% JUICE VARIETY MILK VARIETY	<b>3-C</b> <b>SAUSAGE AND EGG BICUIT</b> <b>W/JELLY</b> OR <b>CHEERIOS</b> <b>CEREAL</b> <b>GRAHAM CRACKERS</b> <b>ORANGE SMILEYS</b> 100% JUICE VARIETY MILK VARIETY	<b>3-D</b> <b>CONFETTI PANCAKES</b> <b>W/SYRUP</b> OR <b>GOLDEN GRAHAMS</b> <b>CEREAL</b> <b>GRAHAM CRACKERS</b> <b>BANANA</b> 100 % JUICE VARIETY MILK VARIETY	<b>3-E</b> <b>STRAWBERRY YOGURT</b> <b>W/ GRANOLA</b> OR <b>CHEERIOS CEREAL</b> <b>GRAHAM CRACKERS</b> <b>MANDARIN ORANGES</b> 100% JUICE VARIETY MILK VARIETY
<b>4-A</b> <b>FRENCH TOAST STICKS</b> <b>W/SYRUP</b> OR <b>FROOT LOOPS CEREAL</b> <b>GRAHAM CRACKERS</b> 100% JUICE VARIETY MILK VARIETY	<b>4-B</b> <b>EGGSTRAVANGZA</b> <b>W/TOAST</b> OR <b>APPLE JACK</b> <b>CEREAL</b> <b>GRAHAM CRACKERS</b> <b>PINEAPPLE TIDBITS</b> 100% JUICE VARIETY MILK VARIETY	<b>4-C</b> <b>CHOCOLATE MUFFIN</b> OR <b>FROSTED FLAKES</b> <b>CEREAL</b> <b>GRAHAM CRACKERS</b> <b>APPLESAUCE CUP</b> 100% JUICE VARIETY MILK VARIETY	<b>4-D</b> <b>KOLACHES</b> OR <b>CINNAMON TOAST</b> <b>CRUNCH CEREAL</b> <b>TOAST</b> <b>PEACH CUP</b> 100% JUICE VARIETY MILK VARIETY	<b>4-E</b> <b>SAUSAGE BISSCUIT</b> <b>W/JELLY</b> OR <b>LUCKY CHARMS</b> <b>CEREAL</b> <b>GRAHAM CRACKERS</b> <b>RED DELICIOUS APPLE</b> 100% JUICE VARIETY MILK VARIETY

Check out the CBISD website [cbisd.com](http://cbisd.com) for nutritional information,

***Breakfast is at no cost to elementary students!***

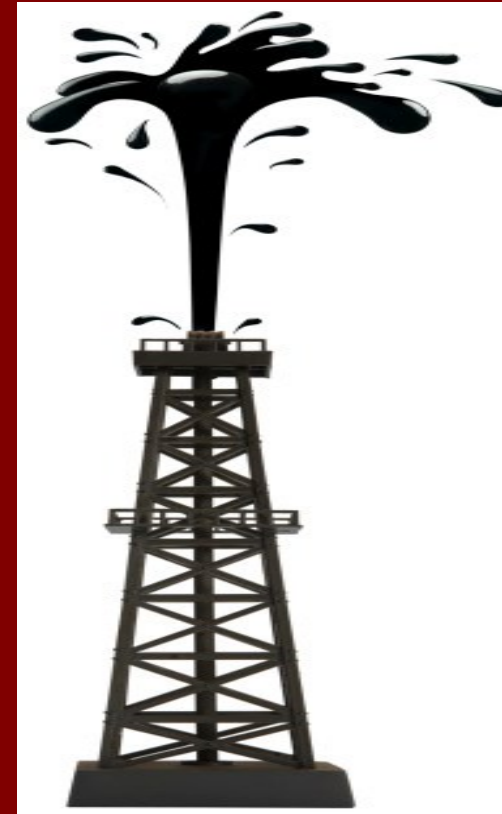
Breakfast cycle dates correspond with Lunch cycles dates.

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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](mailto:program.intake@usda.gov). This institution is an equal opportunity provider.

MENUS ARE SUBJECT TO CHANGE DUE TO PRODUCT AVAILABILITY OR PROMOTIONS

# WPE

# OILERS !!!!



Columbia-Brazoria ISD

2022-2023

# K-1 MENU

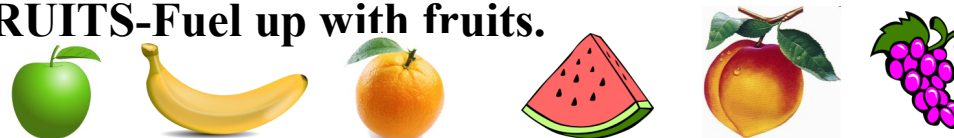
# K-1 LUNCH

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

# EAT SMART PLAY HARD

CYCLE 1	CYCLE 1-A	CYCLE 1-B	CYCLE 1-C	CYCLE 1-D	CYCLE 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	Chicken Tenders W/ Roll OR Cheese Pizza Mashed Potatoes W/Gravy Green Beans Pear Cup Milk	Chicken Tamales OR Pepperoni Pizza Tortilla Mini Round Pinto Beans Shredded Lettuce & Tomato Strawberry Cup Milk	Chili Cheese Dog OR Pizza Garlic Sticks W/ Marinara Cup Corn Nibbler Carrot Tennie W/Ranch Peach Cup Milk	Fish Sticks OR Pepperoni Pizza Scalloped Potatoes Sliced Cucumbers W/Ranch Banana Milk	Roughneck Cheeseburger OR Cheese Pizza Burger Veggies Oven Fries Sour Apple Applesauce Milk
CYCLE 2	CYCLE 2-A	CYCLE 2-B	CYCLE 2-C	CYCLE 2-D	CYCLE 2-E
Aug 22-26 Sept 19-23 Oct 17-21 Nov 14-18 Jan. 4-6 Jan. 30- Feb3 Feb 27-Mar.3 April 3-6 May 1-5	Chicken Patty W/Gravy OR Pepperoni Pizza Smiley Potatoes Carrot Coins Strawberry Cup Milk	Beef Tacos OR Garlic Pizza Sticks W/ Marinara Sauce Pinto Beans Shred Lett. W/Ran. Pineapple Tidbits Milk	Beef Burrito Supreme OR Pepperoni Pizza Ranchero Beans Shred Lett & Tomato Orange Smiley Milk	Steak Nuggets W/Gravy & Wheat Bread OR Pepperoni Pizza Mash Potatoes Mixed Vegetables Pear Cup Milk	Frito Pie OR Cheese Pizza Green Beans Carrot Tennie W/ Ranch Chilled Peaches Milk
CYCLE 3	CYCLE 3-A	CYCLE 3-B	CYCLE 3-C	CYCLE 3-D	CYCLE 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	Chicken Nuggets W/ Roll OR Cheese Pizza Broccoli W/Cheese Sauce Scalloped Potatoes Plain Applesauce Milk	Corn Dogs OR Pepperoni Pizza Baked Beans Tossed Salad W/Ranch Strawberry Cup Milk	Chicken Drumsticks W/ Rolls OR Pepperoni Pizza Smiley Potatoes Green Beans Orange Smiley Milk	Chili Cheese Enchiladas OR Garlic Pizza Sticks W /Mariana Cup Spanish Rice Pinto Bean Fiesta Salad Banana	Fish Sticks OR Cheese Pizza French Fries Cole Slaw Mandarin Oranges Milk
CYCLE 4	CYCLE 4-A	CYCLE 1-B	CYCLE 4-C	CYCLE 4-D	CYCLE 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	Popcorn Smackers OR Cheese Pizza Whipped Potatoes Carrot Coins Sliced Cucumber Mandarin Oranges Milk	Tangerine Chicken W/ Fortune Cookies OR Pepperoni Pizza Peas & Carrots Corn Niblets Pineapple Tidbits Milk	Beef Spaghetti Breadstick OR Garlic Pizza Sticks W/Marinara Sauce Green Beans Tossed Salad W/Ranch Plain Applesauce	BBQ Sandwich OR Pepperoni Pizza Corn Nibblers Cucumber & Tomato Banana Milk	Nachos OR Cheese Pizza Ranchero Beans Veggie Sticks W/ Ranch Red Delicious Apples Milk

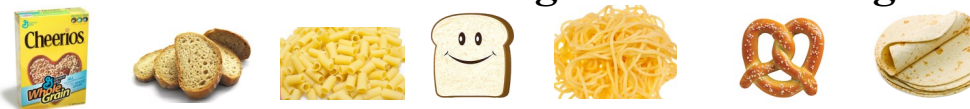
## FRUITS-Fuel up with fruits.



## 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.

