

# JUMP START YOUR DAY WITH CBISD BREAKFAST



<b>1-A</b> MINI MAPLE PANCAKES 100 % Apple Juice WHITE MILK	<b>1-B</b> BLUEBERRY MUFFINS STRAWBERRY CUP WHITE MILK	<b>1-C</b> BREAKFAST TACO W/ PICANTE RED APPLES WHITE MILK	<b>1-D</b> BLUEBERRY WAFFLES BANANA WHITE MILK	<b>1-E</b> CHEERIOS CEREAL GRAHAM CRACKERS SOUR APPLE APPLESAUCE WHITE MILK
<b>2-A</b> FRENCH TOAST STICKS W/SYRUP STRAWBERRY CUP WHITE MILK	<b>2-B</b> EGGSTRAVAGANZA W/TOAST 100% ORANGE JUICE WHITE MILK	<b>2-C</b> BREAKFAST PIZZA ORANGE SMILEYS WHITE MILK	<b>2-D</b> CINNAMON TOAST CRUNCH CEREAL GRAHAM CRACKERS PEAR CUP WHITE MILK	<b>2-E</b> KOLACHE PEACH CUP WHITE MILK
<b>3-A</b> FLAPSTICK W/ SYRUP PLAIN APPLESAUCE WHITE MILK	<b>3-B</b> BLUEBERRY MUFFINS STRAWBERRY CUP WHITE MILK	<b>3-C</b> SAUSAGE & EGG BISCUIT W/JELLY 100% APPLE JUICE WHITE MILK	<b>3-D</b> STRAWBERRY POPTART BANANA WHITE MILK	<b>3-E</b> STRAWBERRY YOGURT W/ GRANOLA MANDARIN ORANGES WHITE MILK
<b>4-A</b> FRENCH TOAST STICKS W/ SYRUP STRAWBERRY CUP WHITE MILK	<b>4-B</b> EGG/STRAVAGANZA W/ TOAST PINEAPPLE TIDBITS WHITE MILK	<b>4-C</b> CHOCOLATE MUFFINS BLUE RASPBERRY APPLESAUCE WHITE MILK	<b>4-D</b> KOLACHE 100 % ORANGE JUICE WHITE MILK	<b>4-E</b> SAUSAGE BISCUIT W/ JELLY RED APPLE WEDGES WHITE MILK

## EAT SMART PLAY HARD



Check out the CBISD website [cbisd.com](http://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

# BARROW



**Columbia-Brazoria ISD 2022-2023  
PRE-K MENU**

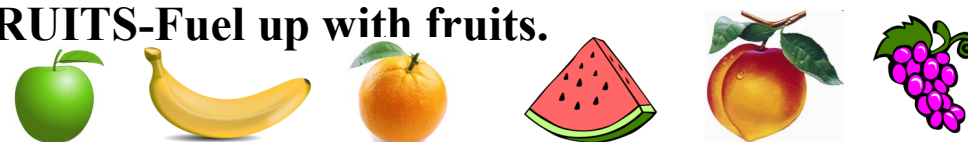
# PK Lunch

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

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. 21-25 Mar 28-Apr 1 Apr 25-29 May 23-26	Chicken Tenders Whipped Potatoes W/Gravy Pear Cup White Milk	Crispy Tacos Refried Beans Strawberry Cup White Milk	Garlic Cheesy Bread Baked Beans Apple Wedges White Milk	Crunchy Fish Sticks Scalloped Potatoes Banana White Milk	Cheeseburger Smiley Face Fries W/Ketchup Burger Veggies Sour Apple Applesauce White 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-Feb 3 Feb 27-Mar 3 Apr 3-6 May 1-6	Breaded Chicken Patty W/Gravy Carrot Coins Strawberry Cup White Milk	Chicken Drumsticks Corn Niblets Pineapple Tidbits White Milk	Chicken Fried Steak W/ Gravy Whipped Potatoes Orange Wedges White Milk	Frito Pie Ranchero Beans Pear Cup White Milk	Cheese Pizza Corn Niblets Peach Cup White 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/ Ketchup Broccoli & Cheese Plain Applesauce White Milk	Pepperoni Pizza Ketchup Or Mustard Tossed Salad W/ Ranch Strawberry Cup White Milk	Steak Fingers W/Ketchup Green Beans Orange Slices White Milk	Chili Cheese Enchiladas Pinto Beans Banana White Milk	Fish Sticks French Fries W/Ketchup Mandarin Oranges White 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 17-21 Feb 13-17 Mar. 20-24 Apr 17-21 May 15-19	Popcorn Smackers Potato Wedges Cucumber Slices Strawberry Cup White Milk	Pepperoni Pizza Pea & Carrot Pineapple Tidbits White Milk	Beef Spaghetti W/ Breadstick Green Beans Blue Raspberry Applesauce White Milk	Asian Chicken Mixed Vegetables Banana White Milk	Cheese Pizza Refried Beans Red Apple Slices White Milk

# EAT SMART PLAY HARD

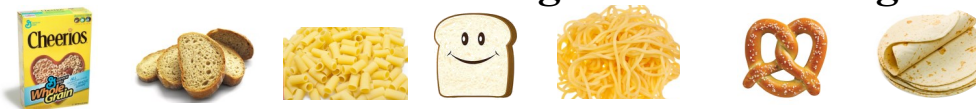
**FRUITS-Fuel up with fruits.**



**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**

