



Columbia Falls High School Breakfast Menu September 2022 Breakfast Prices: paid \$1.75, reduced \$0.30 or free (F/R meal applications needed for discounted prices)

Choose 1 or 2 grains, 1 protein, fruit and milk

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
			<u>1. Grains</u> Breakfast bar, nutria grain bar, bagel, muffin, cereal <u>Protein</u> string cheese, yogurt, beef stick, Assorted fruits Milk	<u>2. Grains</u> French toast, breakfast bar, muffin, bagel, cereal <u>Protein</u> sausage, gogurt, string cheese Assorted fruits Milk
5. 	<u>6. Grains</u> Breakfast bar, cream cheese filled bagel, muffin, cereal <u>Protein</u> string cheese, yogurt, beef stick, Assorted fruits Milk	<u>7. Grains</u> Breakfast bar, cinnamon roll, bagel, muffin, cereal <u>Protein</u> string cheese, yogurt, beef stick, Assorted fruits Milk	<u>8. Grains</u> French toast, bagel, muffin, cereal <u>Protein</u> sausage, yogurt, beef stick, Assorted fruits Milk	<u>9. Grains</u> Breakfast bar, granola bar, bagel, muffin, cereal <u>Protein</u> strawberry smoothie, yogurt, beef stick, Assorted fruits Milk
<u>12. Grains</u> Breakfast bar, nutria grain bar, bagel, muffin, cereal <u>Protein</u> string cheese, yogurt, beef stick, Assorted fruits Milk	<u>13 Grains</u> Breakfast bar, granola bagel, muffin, cereal <u>Protein</u> Yogurt parfait, string cheese, beef stick, Assorted fruits Milk	<u>14 Grains</u> Breakfast bar, cereal bar, bagel, muffin, cereal <u>Protein</u> string cheese, yogurt, beef stick, Assorted fruits Milk	<u>15 Grains</u> Breakfast bar, nutria grain bar, bagel, muffin, cereal <u>Protein</u> Hard cooked egg, yogurt, beef stick, cheese pkt. Assorted fruits Milk	<u>16 Grains</u> Breakfast bar, nutria grain bar, bagel, muffin, cereal <u>Protein</u> string cheese, yogurt, beef stick, Assorted fruits Milk
<u>19 Grains</u> Breakfast bar, nutria grain bar, bagel, muffin, cereal <u>Protein</u> string cheese, gogurt, beef stick, Assorted fruits Milk	<u>20 Grains</u> Breakfast bar, granola bar, bagel, muffin, cereal <u>Protein</u> Cheese omelet, yogurt, string cheese, Assorted fruits Milk	<u>21 Grains</u> Breakfast bar, cereal bar, bagel, muffin, cereal <u>Protein</u> string cheese, yogurt, beef stick, Assorted fruits Milk	<u>22 Grains</u> Breakfast bar, bagel, granola pkt. muffin, cereal <u>Protein</u> berry smoothie, yogurt, beef stick, Assorted fruits Milk	<u>23 Grains</u> Waffle, breakfast bar, bagel, muffin, cereal <u>Protein</u> sausage, Gogurt, cheese pkt. peanut butter Assorted fruits Milk
<u>26 Grains</u> Breakfast bar, bagel, muffin, cereal <u>Protein</u> string cheese, yogurt, beef stick, Assorted fruits Milk	<u>27 Grains</u> Breakfast bar, granola pkt., bagel, muffin, cereal <u>Protein</u> yogurt parfait, beef stick, gogurt Assorted fruits Milk	<u>28 Grains</u> Breakfast bar, nutria grain bar, bagel, muffin, cereal <u>Protein</u> string cheese, yogurt, beef stick, Assorted fruits Milk	<u>29 Grains</u> Breakfast bar, cinnamon roll, bagel, muffin, cereal <u>Protein</u> fruit smoothie, string cheese, gogurt, Assorted fruits Milk	<u>30 Grains</u> Breakfast bar, cereal bar, bagel, muffin, cereal <u>Protein</u> string cheese, yogurt, beef stick, Assorted fruits Milk