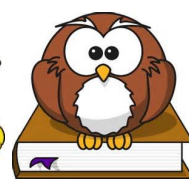


Colonial Heights Public Schools K-12 Grab & Go Breakfast Menu

September 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	5 GoodyRing Donut White Milk 100% Fruit Juice Apple Sauce Variety	6 Cinnamon Swirls Chocolate Milk 100% Fruit Juice Flavored Craisins	7 Lucky Charms Cereal White Milk 100% Fruit Juice Apple Sauce Variety	8 GoodyBun Honey Bun Chocolate Milk 100% Fruit Juice Fresh Virginia Apple
11 Soft-Baked Cinnamon Toast Crunch Bar Chocolate Milk 100% Fruit Juice Flavored Craisins	12 GoodyRing Donut White Milk 100% Fruit Juice Apple Sauce Variety	13 Cinnamon Swirls Chocolate Milk 100% Fruit Juice Flavored Craisins	14 Lucky Charms Cereal White Milk 100% Fruit Juice Apple Sauce Variety	15 GoodyBun Honey Bun Chocolate Milk 100% Fruit Juice Fresh Virginia Apple
18 Soft-Baked Cinnamon Toast Crunch Bar Chocolate Milk 100% Fruit Juice Flavored Craisins	19 GoodyRing Donut White Milk 100% Fruit Juice Apple Sauce Variety	20 Cinnamon Swirls Chocolate Milk 100% Fruit Juice Flavored Craisins	21 Lucky Charms Cereal White Milk 100% Fruit Juice Apple Sauce Variety	22 GoodyBun Honey Bun Chocolate Milk 100% Fruit Juice Fresh Virginia Apple
25 Soft-Baked Cinnamon Toast Crunch Bar Chocolate Milk 100% Fruit Juice Flavored Craisins	26 GoodyRing Donut White Milk 100% Fruit Juice Apple Sauce Variety	27 Cinnamon Swirls Chocolate Milk 100% Fruit Juice Flavored Craisins	28 Lucky Charms Cereal White Milk 100% Fruit Juice Apple Sauce Variety	29 GoodyBun Honey Bun Chocolate Milk 100% Fruit Juice Fresh Virginia Apple

**GRAB
& GO**



**GRAB
& GO**



Menu Notes

Breakfast meals at all CHPS schools are Grab & Go style to help increase the number of breakfast meals

Breakfast Prices

All Breakfasts Are Free Of Charge For School Year 23/24

"This Institution is an Equal Opportunity Provider"

