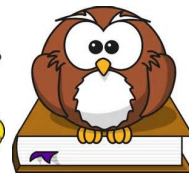


Colonial Heights Public Schools K-12 Grab & Go Breakfast Menu

October 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Soft-Baked Cinnamon Toast Crunch or Cocoa Puff Bar Chocolate Milk 100% Fruit Juice Flavored Craisins	3 GoodyRing Donut White Milk 100% Fruit Juice Apple Sauce Variety	4 Cinnamon Swirls Chocolate Milk 100% Fruit Juice Flavored Craisins	5 Lucky Charms Cereal White Milk 100% Fruit Juice Apple Sauce Variety	6 GoodyBun Honey Bun Chocolate Milk 100% Fruit Juice Fresh Virginia Apple
9 Soft-Baked Cinnamon Toast Crunch or Cocoa Puff Bar Chocolate Milk 100% Fruit Juice Flavored Craisins	10 GoodyRing Donut White Milk 100% Fruit Juice Apple Sauce Variety	11 Cinnamon Swirls Chocolate Milk 100% Fruit Juice Flavored Craisins	12 Lucky Charms Cereal White Milk 100% Fruit Juice Apple Sauce Variety	13 GoodyBun Honey Bun Chocolate Milk 100% Fruit Juice Fresh Virginia Apple
16 Soft-Baked Cinnamon Toast Crunch or Cocoa Puff Bar Chocolate Milk 100% Fruit Juice Flavored Craisins	17 GoodyRing Donut White Milk 100% Fruit Juice Apple Sauce Variety	18 Cinnamon Swirls Chocolate Milk 100% Fruit Juice Flavored Craisins	19 Lucky Charms Cereal White Milk 100% Fruit Juice Apple Sauce Variety	20 GoodyBun Honey Bun Chocolate Milk 100% Fruit Juice Fresh Virginia Apple
23 Soft-Baked Cinnamon Toast Crunch or Cocoa Puff Bar Chocolate Milk 100% Fruit Juice Flavored Craisins	24 GoodyRing Donut White Milk 100% Fruit Juice Apple Sauce Variety	25 Cinnamon Swirls Chocolate Milk 100% Fruit Juice Flavored Craisins	26 Lucky Charms Cereal White Milk 100% Fruit Juice Apple Sauce Variety	27 GoodyBun Honey Bun Chocolate Milk 100% Fruit Juice Fresh Virginia Apple
30 Soft-Baked Cinnamon Toast Crunch or Cocoa Puff Bar Chocolate Milk 100% Fruit Juice Flavored Craisins	31 GoodyRing Donut White Milk 100% Fruit Juice Apple Sauce Variety			



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"

