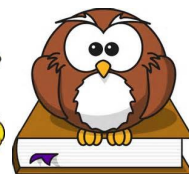
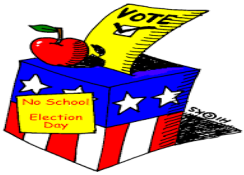





Colonial Heights Public Schools K-12 Grab & Go Breakfast Menu

November 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Cinnamon Swirls Chocolate Milk 100% Fruit Juice Flavored Craisins	2 Lucky Charms Cereal Cinnamon Chex or Cheerios White Milk 100% Fruit Juice Apple Sauce Variety	3 GoodyBun Honey Bun Chocolate Milk 100% Fruit Juice Fresh Virginia Apple
6 Soft-Baked Cinnamon Toast Crunch or Cocoa Puff Bar Chocolate Milk 100% Fruit Juice Flavored Craisins	7 	8 Cinnamon Swirls Chocolate Milk 100% Fruit Juice Flavored Craisins	9 Lucky Charms Cereal Cinnamon Chex or Cheerios White Milk 100% Fruit Juice Apple Sauce Variety	10 GoodyBun Honey Bun Chocolate Milk 100% Fruit Juice Fresh Virginia Apple
13 Soft-Baked Cinnamon Toast Crunch or Cocoa Puff Bar Chocolate Milk 100% Fruit Juice Flavored Craisins	14 GoodyRing Donut White Milk 100% Fruit Juice Apple Sauce Variety	15 Cinnamon Swirls Chocolate Milk 100% Fruit Juice Flavored Craisins	16 Lucky Charms Cereal Cinnamon Chex or Cheerios White Milk 100% Fruit Juice Apple Sauce Variety	17 GoodyBun Honey Bun Chocolate Milk 100% Fruit Juice Fresh Virginia Apple
	 Thanksgiving Break No School			
27 Soft-Baked Cinnamon Toast Crunch or Cocoa Puff Bar Chocolate Milk 100% Fruit Juice Flavored Craisins	28 GoodyRing Donut White Milk 100% Fruit Juice Apple Sauce Variety	29 Cinnamon Swirls Chocolate Milk 100% Fruit Juice Flavored Craisins	30 Lucky Charms Cereal Cinnamon Chex or Cheerios White Milk 100% Fruit Juice Apple Sauce Variety	



Breakfast Prices

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

"This Institution is an Equal Opportunity Provider"

