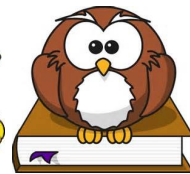


# Colonial Heights Public Schools K-12 Grab & Go Breakfast Menu

## December 2023



| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  |
|--|---|---|---|---|
|   |      |        |                                       | 1<br><b>GoodyBun Honey Bun</b><br>Chocolate Milk<br>100% Fruit Juice<br>Fresh Virginia Apple  |
| 4<br><b>Soft-Baked Cinnamon Toast<br/>Crunch or Cocoa Puff Bar</b><br>Chocolate Milk<br>100% Fruit Juice<br>Flavored Craisins  | 5<br><b>GoodyRing Donut</b><br>White Milk<br>100% Fruit Juice<br>Apple Sauce Variety  | 6<br><b>Cinnamon Swirls</b><br>Chocolate Milk<br>100% Fruit Juice<br>Flavored Craisins  | 7<br><b>Lucky Charms Cereal<br/>Cinnamon Chex or Cheerios</b><br>White Milk<br>100% Fruit Juice<br>Apple Sauce Variety  | 8<br><b>GoodyBun Honey Bun</b><br>Chocolate Milk<br>100% Fruit Juice<br>Fresh Virginia Apple  |
| 11<br><b>Soft-Baked Cinnamon Toast<br/>Crunch or Cocoa Puff Bar</b><br>Chocolate Milk<br>100% Fruit Juice<br>Flavored Craisins | 12<br><b>GoodyRing Donut</b><br>White Milk<br>100% Fruit Juice<br>Apple Sauce Variety | 13<br><b>Cinnamon Swirls</b><br>Chocolate Milk<br>100% Fruit Juice<br>Flavored Craisins | 14<br><b>Lucky Charms Cereal<br/>Cinnamon Chex or Cheerios</b><br>White Milk<br>100% Fruit Juice<br>Apple Sauce Variety | 15<br><b>GoodyBun Honey Bun</b><br>Chocolate Milk<br>100% Fruit Juice<br>Fresh Virginia Apple |
| 18<br><b>Soft-Baked Cinnamon Toast<br/>Crunch or Cocoa Puff Bar</b><br>Chocolate Milk<br>100% Fruit Juice<br>Flavored Craisins | 19<br><b>GoodyRing Donut</b><br>White Milk<br>100% Fruit Juice<br>Apple Sauce Variety | 20<br><b>Cinnamon Swirls</b><br>Chocolate Milk<br>100% Fruit Juice<br>Flavored Craisins | 21<br><b>Lucky Charms Cereal<br/>Cinnamon Chex or Cheerios</b><br>White Milk<br>100% Fruit Juice<br>Apple Sauce Variety |          |

*Have a Wonderful  
Winter Break  
& a Happy New Year!*