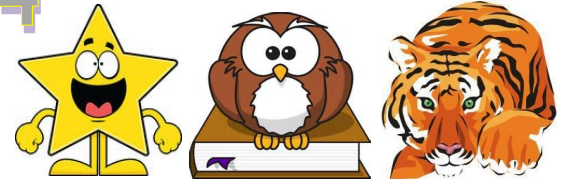


Colonial Heights Public Schools K-12 Grab & Go Breakfast Menu

January 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8</p> <p>Soft-Baked Cinnamon Toast Crunch or Cocoa Puff Bar</p> <p>Chocolate Milk</p> <p>100% Fruit Juice</p> <p>Flavored Craisins</p>	<p>9</p> <p>GoodyRing Donut</p> <p>White Milk</p> <p>100% Fruit Juice</p> <p>Apple Sauce Variety</p>	<p>10</p> <p>Cinnamon Swirls</p> <p>Chocolate Milk</p> <p>100% Fruit Juice</p> <p>Flavored Craisins</p>	<p>11</p> <p>Lucky Charms Cereal</p> <p>Cinnamon Chex or Cheerios</p> <p>White Milk</p> <p>100% Fruit Juice</p> <p>Apple Sauce Variety</p>	<p>12</p> <p>GoodyBun Honey Bun</p> <p>Chocolate Milk</p> <p>100% Fruit Juice</p> <p>Fresh Virginia Apple</p>
		<p>17</p> <p>Cinnamon Swirls</p> <p>Chocolate Milk</p> <p>100% Fruit Juice</p> <p>Flavored Craisins</p>	<p>18</p> <p>Lucky Charms Cereal</p> <p>Cinnamon Chex or Cheerios</p> <p>White Milk</p> <p>100% Fruit Juice</p> <p>Apple Sauce Variety</p>	<p>19</p> <p>GoodyBun Honey Bun</p> <p>Chocolate Milk</p> <p>100% Fruit Juice</p> <p>Fresh Virginia Apple</p>
<p>22</p> <p>Soft-Baked Cinnamon Toast Crunch or Cocoa Puff Bar</p> <p>Chocolate Milk</p> <p>100% Fruit Juice</p> <p>Flavored Craisins</p>	<p>23</p> <p>GoodyRing Donut</p> <p>White Milk</p> <p>100% Fruit Juice</p> <p>Apple Sauce Variety</p>	<p>24</p> <p>Cinnamon Swirls</p> <p>Chocolate Milk</p> <p>100% Fruit Juice</p> <p>Flavored Craisins</p>	<p>25</p> <p>Lucky Charms Cereal</p> <p>Cinnamon Chex or Cheerios</p> <p>White Milk</p> <p>100% Fruit Juice</p> <p>Apple Sauce Variety</p>	<p>26</p> <p>GoodyBun Honey Bun</p> <p>Chocolate Milk</p> <p>100% Fruit Juice</p> <p>Fresh Virginia Apple</p>
<p>29</p> <p>Soft-Baked Cinnamon Toast Crunch or Cocoa Puff Bar</p> <p>Chocolate Milk</p> <p>100% Fruit Juice</p> <p>Flavored Craisins</p>	<p>30</p> <p>GoodyRing Donut</p> <p>White Milk</p> <p>100% Fruit Juice</p> <p>Apple Sauce Variety</p>	<p>31</p> <p>Cinnamon Swirls</p> <p>Chocolate Milk</p> <p>100% Fruit Juice</p> <p>Flavored Craisins</p>		

Happy New Year 2024

"This Institution is an Equal Opportunity Provider"