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





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		o Company	Lucky Charms Cereal Cinnamon Chex or Cheerios White Milk 100% Fruit Juice Apple Sauce Variety	GoodyBun Honey Bun Chocolate Milk 100% Fruit Juice Fresh Virginia Apple
5	6	7	8	9
Soft-Baked Cinnamon Toast	GoodyRing Donut	Cinnamon Swirls	Lucky Charms Cereal	GoodyBun Honey Bun
Crunch or Cocoa Puff Bar	White Milk	Chocolate Milk	Cinnamon Chex or Cheerios	Chocolate Milk
Chocolate Milk	100% Fruit Juice	100% Fruit Juice	White Milk	100% Fruit Juice
100% Fruit Juice	Apple Sauce Variety	Flavored Craisins	100% Fruit Juice	Fresh Virginia Apple
Flavored Craisins			Apple Sauce Variety	
12	13	14	15	16
Soft-Baked Cinnamon Toast	GoodyRing Donut	Cinnamon Swirls	Lucky Charms Cereal	GoodyBun Honey Bun
Crunch or Cocoa Puff Bar	White Milk	Chocolate Milk	Cinnamon Chex or Cheerios	Chocolate Milk
Chocolate Milk	100% Fruit Juice	100% Fruit Juice	White Milk	100% Fruit Juice
100% Fruit Juice	Apple Sauce Variety	Flavored Craisins	100% Fruit Juice	Fresh Virginia Apple
Flavored Craisins			Apple Sauce Variety	
Happy Dresidents Day	20	21	22	23
Suggery Desired Day	GoodyRing Donut	Cinnamon Swirls	Lucky Charms Cereal	GoodyBun Honey Bun
	White Milk	Chocolate Milk	Cinnamon Chex or Cheerios	Chocolate Milk
	100% Fruit Juice	100% Fruit Juice	White Milk	100% Fruit Juice
THE CONTRACTOR OF THE CONTRACT	Apple Sauce Variety	Flavored Craisins	100% Fruit Juice	Fresh Virginia Apple
			Apple Sauce Variety	
26	27	28	29	
Soft-Baked Cinnamon Toast	GoodyRing Donut	Cinnamon Swirls	Lucky Charms Cereal	
Crunch or Cocoa Puff Bar	White Milk	Chocolate Milk	Cinnamon Chex or Cheerios	
Chocolate Milk	100% Fruit Juice	100% Fruit Juice	White Milk	
100% Fruit Juice	Apple Sauce Variety	Flavored Craisins	100% Fruit Juice	22 K 2 KK
Flavored Craisins			Apple Sauce Variety	LEAP YEAR 2024

