

# JUMP START YOUR DAY WITH CBISD BREAKFAST



1-A MINI MAPLE PANCAKES 100 % Apple Juice WHITE MILK	1-B BLUEBERRY MUFFINS STRAWBERRY CUP WHITE MILK	1-C CHEERIOS GRAHAM CRACKERS RED APPLE SLICES WHITE MILK	1-D BLUEBERRY WAFFLES W/ SYRUP BANANA WHITE MILK	1-E STRAWBERRY POP TART SOUR APPLE APPLESAUCE WHITE MILK
2-A FRENCH TOAST STICKS W/ SYRUP STRAWBERRY CUP WHITE MILK	2-B EGG STRAVAGNZA W/TOAST 100 % ORANGE JUICE WHITE MILK	2-C BREAKFAST PIZZA ORANGE SMILEYS WHITE MILK	2-D CINNAMON TOAST CRUNCH CEREAL GRAHAM CRACKERS PEAR CUP WHITE MILK	2-E KOLACHE W/MUSTARD PEACH CUP WHITE MILK
3-A FLAPSTICK W/SYRUP PEACH CUP WHITE MILK	3-B BLUEBERRY MUFFINS STRAWBERRY CUP WHITE MILK	3-C CHEERIOS TOAST 100 % APPLE JUICE WHITE MILK	3-D CONFETTI PANCAKES W/ SYRUP BANANA WHITE MILK	3-E STRAWBERRY YOGURT CUP W/ GRANOLA MANDARIN ORANGES WHITE MILK
4-A STRAWBERRY POPTARTS STRAWBERRY CUPS WHITE MILK	4-B APPLE JACKS CEREAL TOAST PINEAPPLE TIDBITS WHITE MILK	4-C CHOCOLATE MUFFIN APPLESAUCE CUP WHITE MILK	4-D KOLACHE 100 % ORANGE JUICE WHITE MILK	4-E SAUSAGE BISCUIT PEAR CUP WHITE MILK

## EAT SMART PLAY HARD



Check out the CBISD website [cbisd.com](http://cbisd.com) for nutritional information, My School Bucks Online payments, menus, promotions and Online Free/Reduced Meal Applications!

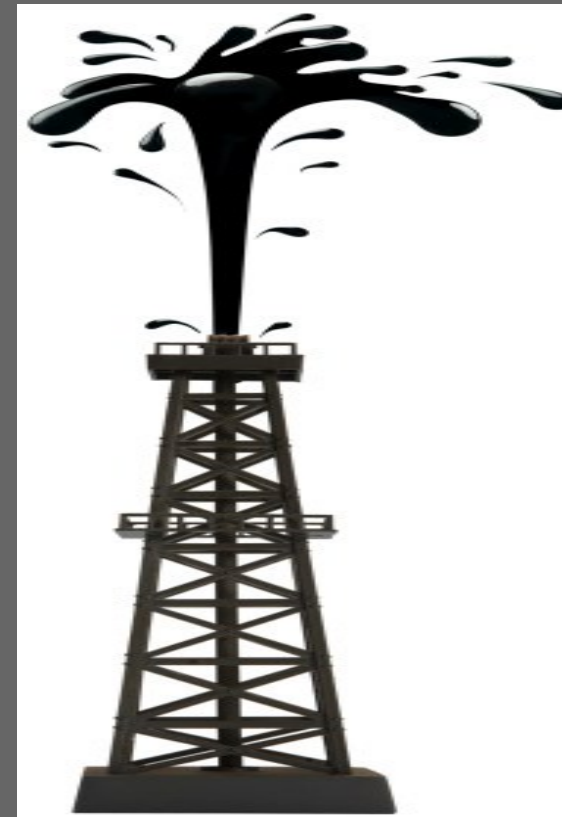
### **STUDENTS EAT FOR FREE!!**

Breakfast cycle dates correspond with Lunch cycles dates.

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MENUS ARE SUBJECT TO CHANGE DUE TO PRODUCT AVAILABILITY OR PROMOTIONS

# WPE OILERS



**Columbia-Brazoria ISD 2023-2024**

# PRE-K MENU

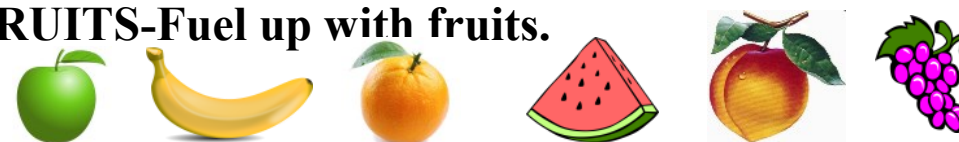
# PK Lunch

**LUNCH PRICES**  
**STUDENT LUNCH- \$2.95**  
**ADULT LUNCH -\$4.50**

CYCLE 1	CYCLE 1-A	CYCLE 1-B	CYCLE 1-C	CYCLE 1-D	CYCLE 1-E
Aug 16-18 Sept 11-15 Oct 9-13 Nov 6-10 Dec 11-14 Jan 22-26 Feb 20-23 Mar 25-28 Apr 22-26 May 20-23	Chicken Tenders Whipped Potatoes W/Gravy Pear Cup White Milk	Tamales W/Cheese Sauce Pinto Beans Strawberry Cup White Milk	Garlic Cheesy Bread Corn Niblett's Peach Cup White Milk	Pepperoni Pizza Corn Niblet Banana White Milk	Cheeseburger Smiley Face Potatoes Burger Veggies Sour Apple Applesauce White Milk
CYCLE 2	CYCLE 2-A	CYCLE 2-B	CYCLE 2-C	CYCLE 2-D	CYCLE 2-E
Aug 21-25 Sept 18-22 Oct 18-20 Nov 13-17 Jan 3-5 Jan 29-Feb 2 Feb 26-Mar 1 Apr 1-5 Apr 29-May 3	Breaded Chicken Patty W/ Gravy Carrot Coins Strawberry Cup White Milk	Crispy Taco Shredded Lettuce & Tomato Pineapple Tidbits White Milk	Beef Burrito Supreme Ranchero Beans Orange Wedges White Milk	Steak Fingers W/ Gravy Whipped Potatoes Mixed Vegetables Pear Cup White Milk	Cheese Pizza Green Beans Peach Cup White Milk
CYCLE 3	CYCLE 3-A	CYCLE 3-B	CYCLE 3-C	CYCLE 3-D	CYCLE 3-E
Aug 28-Sept 1 Sept 25-29 Oct 23-27 Nov 27- Dec 1 Jan 8-12 Feb 5-9 Mar 4-8 Apr 8-12 May 6-10	Chicken Nuggets Broccoli & Cheese Peach Cup White Milk	Pepperoni Pizza Baked Beans Strawberry Cup White Milk	Chicken Drumsticks Green Beans Smiley Potatoes Orange Slices White Milk	Chili Cheese Enchilada Pinto Beans Banana White Milk	Fish Sticks French Fries W/Ketchup Mandarin Oranges White Milk
CYCLE 4	CYCLE 4-A	CYCLE 1-B	CYCLE 4-C	CYCLE 4-D	CYCLE 4-E
Sept 5-8 Oct 2-6 Oct 30-Nov 3 Dec 4-8 Jan 16-19 Feb 12-16 Mar. 18-22 Apr 15-19 May 13-17	Popcorn Smackers W/Gravy & Rolls Scalloped Potatoes Cucumber Slices W/ Ranch Mandarin Oranges White Milk	Tangerine Chicken & Asian Rice Peas & Carrots Pineapple Tidbits White Milk	Beef Spaghetti W /Breadsticks Italian Green Beans Applesauce Cup White Milk	Chopped BBQ Sandwich Ranchero Beans Banana White Milk	Cheese Pizza Corn Nibblents Red Apple Wedges White Milk

# EAT SMART PLAY HARD

**FRUITS-Fuel up with fruits.**



**VEGETABLES-Color your plate with veggies.**



**GRAINS-Make at least 1/2 grains WHOLE grains.**



**PROTEIN-Choose a variety of proteins.**



**DAIRY-Contains calcium for strong bones.**



**Keep on moving!  
60 minutes a day**

