

# Columbia Breakfast Menu

[mySchoolBucks.com](http://mySchoolBucks.com)

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INCLUDES: MILK, FRUIT, JUICE

ALL SELECTIONS SERVED DAILY - \$0.00

USDA is sponsoring free meals for all students both breakfast & lunch



## Breakfast Sandwiches

### Egg & Cheese Sandwich

Served on Whole Grain English Muffin

Fresh Fruit / Light Fruit Cup

Low Fat or Fat Free Milk

### Sausage, Egg & Cheese Sandwich

Served on Whole Grain Pretzel Roll

Fresh Fruit / Light Fruit Cup

Low Fat or Fat Free Milk

### Bacon, Egg & Cheese Sandwich

Served on Whole Grain Pretzel Roll

Fresh Fruit / Light Fruit Cup

Low Fat or Fat Free Milk

## Other Goodness

### Sweet French Toast Sticks (4)

Warm Whole Grain Goodness

Fresh Fruit / Light Fruit Cup

Low Fat or Fat Free Milk

### 'Good for You' Yogurt Breakfast

Served with a Granola bar

Fresh Fruit / Light Fruit Cup

Low Fat or Fat Free Milk

## Grains & Things

### Whole Grain Muffin

Apple Cinnamon, Banana or Blueberry

Fresh Fruit / Light Fruit Cup

Low Fat or Fat Free Milk

### Cereal Bowl

Assorted Varieties

Fresh Fruit / Light Fruit Cup

Low Fat or Fat Free Milk

### Bagel or English Muffin

Served with Cream cheese

Fresh Fruit / Light Fruit Cup

Low Fat or Fat Free Milk

## A la Carte Items

Bagel only	\$.85
Cream Cheese	\$.75
English Muffin	\$.85
Milk	\$.60
Juice	\$.60
Coffee	\$1.50
Hot Chocolate	\$1.25
Fruit	\$.80



East Greenbush Central School District  
Food Services Department  
518-207-2479

Menu subject to change

All meals meet the Whole Grain requirements

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