



2023



**CARYLWOOD &
COLUMBUS
INTERMEDIATE
SCHOOLS**
GRADES 3, 4, & 5

National School Breakfast Week is
March 6 - 10. Come Join Us For
Breakfast! **Healthy
Choices.....Healthy Life**

| Monday | Tuesday | Wednesday | Thursday | Friday | Nutrients |
|---|---|---|---|--|---|
| Pop Tart Applesauce Cup Apple Juice Low Fat Milk-Variety | Donut Holes Fresh Apple Slices bag Orange Juice Low Fat Milk-Variety | Campfire S'more Bar Peach Cup Apple Juice Low Fat Milk-Variety | Strawberry Cream Cheese Mini Bagel Fresh Banana Orange Juice Low Fat Milk-Variety | Frudel Raisins Apple Juice Low Fat Milk-Variety | Cal 487 T.Fat 8.42 G S.Fat 3.3 G Chol 9.7 Mg Sodm 347.50 Mg Carb 93.06 G |

| Monday | Tuesday | Wednesday | Thursday | Friday | Nutrients |
|---|--|--|--|--|---|
| 6 Cheese Bites Marinara Cup Green Beans Pineapple Tidbits Low Fat Milk-Variety | 7 Honey BBQ Beef Rib/Bun Broccoli and Dip Carrot Sticks Strawberry Kiwi Slushie Low Fat Milk-Variety | 8 Corn Dog (chicken) Garden Salad & Dressing Mango Wango Juice Applesauce Cup Low Fat Milk-Variety | 9 Turkey & Cheese Wedge Curly Fries Corn Fresh Apple Slices bag Low Fat Milk-Variety | 10 Domino's Pizza Chick Pea Salad Carrot Sticks Mixed Fruit Juice 100% Low Fat Milk-Variety | Cal 633 T.Fat 17.17 G S.Fat 5.7 G Chol 41.2 Mg Sodm 1185.65 Mg Carb 93.92 G Fiber 7.9 G Prtn 28.00 G |

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|--|---|--|--|--|--|
| 13 PBJ Pocket Carrots Sticks Dragon Punch Juice Fruit Cocktail Low Fat Milk-Variety | 14 Crazy Cheese Bread Marinara Cups Corn Applesauce Cup Low Fat Milk-Variety | 15 Bearcat Pizza Bagel Cool Cucumber & Tomato w/ Lite Dip Cooked Carrots Chilled Pears Low Fat Milk-Variety | 16 Walking Taco Fiesta Bean Salad Fresh Orange Quarters Low Fat Milk-Variety | 17 Domino's Pizza Walking Salad w/dip Green Beans Applesauce Cup Ice Cream Treat Low Fat Milk-Variety Happy St. Patrick's Day! | Cal 651 T.Fat 18.21 G S.Fat 7.2 G Chol 40.2 Mg Sodm 927.60 Mg Carb 98.15 G Fiber 8.4 G Prtn 28.26 G |
|--|---|--|--|--|--|



Ingredients and menu items are subject to
change or substitution without notice.



*** **DON'T FORGET!** ***

Set Your Clocks ahead 1 HOUR
before you go to bed on Saturday,
March 11 and change the batteries in

"This Institution is an equal
opportunity provider."



* Denotes Item Contains Pork

Grilled Cheese will be available as a no
meat option on Fridays during Lent.

March 2023



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| Monday | Tuesday | Wednesday | Thursday | Friday | Nutrients |
|---|---|---|---|--|--|
| 20 Rotini Pasta w/ Meat Sauce Bread Stick Twist Broccoli Apple Juice Low Fat Milk-Variety | 21 Chicken Patty on Bun Potato Smiles Vegetarian Baked Beans Chilled Peaches Low Fat Milk-Variety | 22 Cheese Quesadilla Salsa Cup Corn Chilled Mandarin Oranges Low Fat Milk-Variety | 23 Chicken Fingers w/ BBQ sauce Garden Salad & Dressing Carrot Sticks Fresh Apple Slices bag Low Fat Milk-Variety | 24 Domino's Pizza Red Veg Plate Green Beans Mixed Fruit Cup Low Fat Milk-Variety | Cal 703 T.Fat 19.13 G S.Fat 6.2 G Chol 49.3 Mg Sodm 1326.21 Mg Carb 102.94 G Fiber 9.4 G Prtn 33.22 G Iron 3.87 Mg Calc 468.57 Mg |
| 27  | 28 <i><u>SPRING BREAK 2023</u> NO SCHOOL March 27th thru March 31st . HAVE A WONDERFUL</i> | 29 | 30  | 31 | Cal 780 T.Fat 23.09 G S.Fat 7.3 G Chol 60.6 Mg Sodm 1246.14 Mg Carb 116.55 G Fiber 9.2 G Prtn 31.87 G Iron 4.47 Mg Calc 629.47 Mg |

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Free and Reduced meals are available to all children who may qualify. If you think you may be eligible, or if your income situation has changed, you can apply at anytime. Simply fill out a current 2022-2023 application or go to the district website on the Nutrition page and click on the online application link anywhere, anytime on the Titan Family Portal. If you have any questions about the Free and Reduced meal