



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


2022 Set Your Clocks back 1 HOUR before you go to bed on Saturday, November 5 and change the batteries in your smoke detectors too!



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

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Bagel/Lt Cream Cheese Peach Cup Apple Juice Low Fat Milk-Variety	Dream Waffle Fresh Banana Orange Juice Low Fat Milk-Variety	Cereal Bar Fresh Apple Slices bag Apple Juice Low Fat Milk-Variety	Banana Bread Slice Raisins Orange Juice Low Fat Milk-Variety	Mini Donuts Applesauce Cup Apple Juice Low Fat Milk-Variety	Cal 511 T.Fat 10.12 G S.Fat 4.8 G Chol 19.5 Mg

BREAKFAST WORKS !!!

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
7 Crazy Cheese Bread Marinara Cups Corn Apple Crisps Low Fat Milk-Variety	8 NO SCHOOL TODAY!  ELECTION DAY!	9 Chicken Tender Wrap Broccoli and Dip Carrot Sticks Applesauce Cup Low Fat Milk-Variety	10 Cheeseburger Minis Garden Salad & Dressing Potato Smiles Fresh Grapes Low Fat Milk-Variety	11 Domino's Pizza Chick Pea Salad Carrot Sticks Apple Juice Low Fat Milk-Variety	Cal 693 T.Fat 21.47 G S.Fat 7.5 G Chol 54.9 Mg Sodm 1175.61 Mg Carb 97.69 G Fiber 8.8 G Prtn 31.10 G Iron 3.51 Mg
14 Cheese Bites Marinara Cup Green Beans Pineapple Tidbits JonnyPop Low Fat Milk-Variety <u>CELEBRATE WORLD KINDNESS DAY!</u>	15 Ham and Cheese Stuffer Broccoli and Dip Carrot Sticks Strawberry Kiwi Slushie Low Fat Milk-Variety	16 Taco Stick Salsa Cup Mango Wango Juice Applesauce Cup Low Fat Milk-Variety	17 Turkey & Gravy Mashed Potato & Roll Corn Baked Apple Slices Pudding Cup Low Fat Milk-Variety Thanksgiving Feast!	18 Domino's Pizza Chick Pea Salad Carrot Sticks Mixed Fruit Juice 100% Low Fat Milk-Variety	Cal 653 T.Fat 15.86 G S.Fat 6.2 G Chol 40.2 Mg Sodm 1131.20 Mg Carb 97.82 G Fiber 7.7 G Prtn 31.56 G Iron 2.80 Mg

Celebrate World Kindness Day On Sunday, November 13 to promote kindness throughout the world




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

"This Institution is an equal opportunity provider."

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

**CARYLWOOD &
COLUMBUS
INTERMEDIATE
SCHOOLS**

GRADES 3, 4, & 5

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
21 Chicken Fingers w/ BBQ sauce Cooked Carrots Dragon Punch Juice Fruit Cocktail Low Fat Milk-Variety	22 Italian Sub Green Beans Cherry Slushie Applesauce Cup Low Fat Milk-Variety	23 NO SCHOOL TODAY!  Thanksgiving Break!	24 NO SCHOOL TODAY!  Thanksgiving Day!	25 NO SCHOOL TODAY!  Thanksgiving Break!	Cal 672 T.Fat 16.24 G S.Fat 4.9 G Chol 58.7 Mg Sodm 1246.93 Mg Carb 103.14 G Fiber 8.3 G Prtn 30.48 G Iron 3.09 Mg Calc 548.50 Mg Vit A 34.83 RE Vit C 45.86 Mg
28 Sloppy Joe Bun Broccoli and Dip Carrot Sticks Apple Juice Low Fat Milk-Variety	29 Chicken Patty on Bun Potato Smiles Vegetarian Baked Beans Chilled Peaches Low Fat Milk-Variety	30 Cheese Quesadilla Salsa Cup Corn Chilled Mandarin Oranges Low Fat Milk-Variety	1 DECEMBER 1 Oven Fried Chicken Drumstick Split Top Wheat Roll Garden Salad & Dressing Sweet Potatoes Fresh Apple Slices bag Low Fat Milk-Variety	2 Domino's Pizza Red Veg Plate Green Beans Mixed Fruit Cup Low Fat Milk-Variety	Cal 689 T.Fat 18.89 G S.Fat 5.7 G Chol 47.0 Mg Sodm 1273.61 Mg Carb 101.55 G Fiber 9.6 G Prtn 31.27 G Iron 3.84 Mg Calc 519.41 Mg Vit A 26.70 RE Vit C 42.87 Mg

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