Columbia High School

MENU May 2017

Daily alternative entree choice: variety of subs, wraps, sandwiches and fresh salads

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Monday	Tuesday	Wednesday	Thursday	Friday
1) Tyson Chicken Nuggets	2) Toasted Cheese Sandwich	3) Hot Meatball Sub	4) Turkey Ala King	5) Baked Ziti w. Meat Sauce
Served with herbed rice	Served on whole wheat bread	Served on a warmed sub roll	Served on a warmed biscuit	Served with a garlic breadstick
Steamed broccoli florets	Campbell's creamy tomato soup	Oven roasted cauliflower florets	Candied sweet potatoes	Italian mixed vegetables
Warmed cinnamon pears	Carrot & celery sticks w. 1oz ranch	Marinated chick pea salad	Sweet peas & sliced carrots	Fresh tossed garden salad
Fresh fruit / light fruit cup	Seasoned green beans	Fresh fruit / light fruit cup	Fresh fruit / light fruit cup	Fresh fruit / light fruit cup
Low fat or fat free milk	Low fat or fat free milk	Low fat or fat free milk	Low fat or fat free milk	Low fat or fat free milk
8) Hot Dog <u>OR</u> Corn Dog	9)Seasoned Grilled Chicken Breast	10) Turkey BLT Wraps	11) Orange Glazed Popcorn Chicken	12)
Served with meat sauce	Italian vegetable pasta salad	Served on a whole wheat wrap	Served w. herbed rice	
Bush's baked beans	Sliced sweet carrot coins	Seasoned french fries	Stir fry mixed vegetables	K-12 HALF DAY
Homemade coleslaw	Murphy's homemade soup	Sweet corn niblets	Garden tossed salad	
Fresh fruit / light fruit cup	Fresh fruit / light fruit cup	Fresh fruit / light fruit cup	Fresh fruit / light fruit cup	PROFESSIONAL DEVELOPMENT
Low fat or fat free milk	Low fat or fat free milk	Low fat or fat free milk	Low fat or fat free milk	
15) Philly Cheese Steak	16) Pizza Crunchers	17) Taco Salad	18) Oven Roasted Chicken	19) Tony's Stuffed Crust Pizza
Served on a wheat sub roll	Bodacious broccoli salad	Served with Tostito tortilla chips	Herbed stuffing w. gravy	Murphy's homemade soup
Sauteed peppers, onions & cheese	Campbell's New England chowder	Lettuce, tomato, cheese, salsa	Steamed butternut squash	Seasoned green beans
Sliced carrot coins	California blend mixed vegetables	Corn & black bean salad	Celery & carrot sticks w. 1oz ranch	Yummy corn niblets
Diced beets over greens	Fresh fruit / light fruit cup	Stir fry mixed vegetables	Fresh fruit / light fruit cup	Fresh fruit / light fruit cup
Low fat or fat free milk	Low fat or fat free milk	Low fat or fat free milk	Low fat or fat free milk	Low fat or fat free milk
22) Chicken Parmesan Sandwich	23) Breaded Mozzarella Sticks	24) Cheeseburger OR Hamburger	25) Chicken & Broccoli Alfredo	26) Murphy's Turkey Chili
Served on a whole wheat bun	Served w. warmed marinara sauce	Served on a whole wheat bun	Served with a garlic breadstick	Served with Tostito tortilla chips
Assorted garden salads	Marinated chick pea salad	Oven baked tater tots	Sweet glazed carrot coins	Cheesy refried beans
Oven roasted cauliflower florets	Sweet corn w. red peppers	Steamed green beans	Homemade vegetable soup	Tossed Asian garden salads
Campbell's bean w. bacon soup	Fresh fruit / light fruit cup	Fresh fruit / light fruit cup	Fresh fruit / light fruit cup	Fresh fruit / light fruit cup
Low fat or fat free milk	Low fat or fat free milk	Low fat or fat free milk	Low fat or fat free milk	Low fat or fat free milk
29	30) Garlic Pizza Dunkers	31) Breakfast for Lunch!	LUNCH PRICE	
Memorial Day	Served w. warmed marinara sauce	French toast sticks (4) w. syrup	Breakfast price \$2.25 daily	

Browned sausage links (2)

Warmed cinnamon applesauce

Fresh garden tossed salads

DAILY ALTERNATIVE LUNCH

NO SCHOOL

Fresh salad with choice of topping, roll & dressing OR

Monday--Tuna salad sandwich Tuesday--Turkey w/lettuce sandwich Wednesday--Bologna & cheese sandwich Thursday--PB&J uncrustable Friday--Ham & cheese sandwich Including vegetable, fruit & milk



Cool cucumber salad

Italian mixed vegetables

Low fat or fat free milk





EVERYONE CAN HAVE BREAKFAST

Lunch price \$3.25 daily

Reduced price meals: Lunch \$.25 daily - Breakfast \$.25 daily

French Toast Sticks w. Syrup Assorted Egg & cheese Sandwiches English Muffins / Bagels

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER.

A la carte milk \$.60 \ A la carte fruit or veggies \$.80

Menu subject to change

All meals meet the Whole Grain requirements