



# Columbia High School



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

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

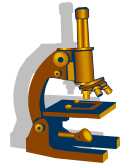
Monday	Tuesday	Wednesday	Thursday	Friday
	<b>29</b> <b>Superintendent's Conference Day</b> <b>Staff Professional Development</b> <b>NO STUDENTS</b>	<b>30</b> <b>Superintendent's Conference Day</b> <b>Staff Professional Development</b> <b>NO STUDENTS</b>	<b>31</b> <b>K-12 Staff Professional Development</b> <b>NO STUDENTS</b>	<b>1</b> <b>NO SCHOOL</b>
<b>4</b> <b>LABOR DAY</b>  <b>NO SCHOOL</b>	<b>5)</b> Pizza <b>OR</b> Buffalo Crunchers Served w. warmed marinara sauce Yummy corn niblets Fresh tossed salad Fresh fruit / light fruit cup Low fat or fat free milk	<b>6)</b> Tyson Chicken Nuggets Savory spanish rice Marinated chick pea salad Butternut squash Fresh fruit / light fruit cup Low fat or fat free milk	<b>7)</b> Cheeseburger <b>OR</b> Hamburger Served on a wheat bun Ruffles potato chips & pickles Sliced carrot coins Celery & carrot sticks w. 1oz ranch Low fat or fat free milk	<b>8)</b> Hot Meatball Sub Served on a wheat subroll Oven roasted cauliflower Steamed green beans Vegetarian vegetable soup Low fat or fat free milk
<b>11)</b> Breaded Mozzarella Sticks Served w. warmed marinara sauce Sweet peas & carrot medley Bush's baked beans Fresh fruit / light fruit cup Low fat or fat free milk	<b>12)</b> Ham & Cheese Wrap Served on a wheat tortilla Oven roasted French fries Bodacious broccoli salad Fresh fruit / light fruit cup Low fat or fat free milk	<b>13)</b> Baked Ziti w. Meat Sauce Served with a garlic breadstick California blend mixed vegetables Confetti corn salad Fresh fruit / light fruit cup Low fat or fat free milk	<b>14)</b> Chicken Parmesan Sandwich Served on a wheat bun w. marinara Murphy's Beans & Greens soup Tomato & mozzarella salad Italian style green beans Low fat or fat free milk	<b>15)</b> Cheesy French Bread Pizza Sliced carrot coins Zesty corn w. black beans Fresh garden salad Fresh fruit / light fruit cup Low fat or fat free milk
<b>18)</b> Tyson Popcorn Chicken Bowl Served with herbed rice Italian mixed vegetables Seasoned corn niblets Fresh fruit / light fruit cup Low fat or fat free milk	<b>19)</b> Toasted Cheese Sandwich Served on wheat bread Campbell's creamy tomato soup Fresh garden salad Seasoned green beans Low fat or fat free milk	<b>20)</b> Taco Salad Served w. Tostito tortilla chips Lettuce, tomato, cheddar & salsa Refried beans w. cheese Fresh fruit / light fruit cup Low fat or fat free milk	<b>21)</b> <b>NO SCHOOL</b>	<b>22)</b> Corn Dog <b>OR</b> Macaroni & Cheese Warmed cinnamon applesauce California blend mixed vegetables Celery & carrot sticks w/ 1oz ranch Fresh fruit / light fruit cup Low fat or fat free milk
<b>25)</b> Breakfast for Lunch! French Toast Sticks w. Syrup Browned sausage links Hash brown patty Asian garden salad Low fat or fat free milk	<b>26)</b> Penne Pasta Bar Served with a garlic breadstick Choice of meat sauce or alfredo Steamed broccoli florets Homemade coleslaw Low fat or fat free milk	<b>27)</b> Baked Fish Fillet w. Cheese Served on a wheat bun Campbell's Manhattan Clam Chowder Creamy potato salad Italian mixed vegetables Low fat or fat free milk	<b>28)</b> Savory Turkey & Gravy Herbed Stuffing Marinated three bean salad Candied yams Fresh fruit / light fruit cup Low fat or fat free milk	<b>29)</b> Garlic Pizza Dunkers Served w. warmed marinara sauce Seasoned cauliflower florets Sweet glazed carrots Fresh fruit / light fruit cup Low fat or fat free milk

**LUNCH PRICE**

Breakfast price **\$2.25** daily  
**Lunch price \$3.25 daily**  
 Reduced price meals: Lunch \$.25 daily - Breakfast \$.25 daily

**EVERYONE CAN BUY BREAKFAST**

Assorted Egg Sandwiches  
 French Toast Sticks  
 English Muffins/Bagels  
 All to include: Milk/Fruit/Juice



**DAILY ALTERNATIVE LUNCH**

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

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

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER..

All meals meet the Whole Grain requirements