



Columbia High School

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



mySchoolBucks.com

Monday		Tuesday		Wednesday		Thursday		Friday	
						1) Turkey Ala King Herbed stuffing Glazed carrot coins Bodacious broccoli salad Fresh fruit / light fruit cup Low fat or fat free milk		2) Buffalo or Cheese Crunchers Served w. marinara sauce Seasoned corn niblets Celery & carrot sticks w. 1 oz ranch Fresh fruit / light fruit cup Low fat or fat free milk	
5) Tasty Corn Dog on a Stick Seasoned cajun fries California mixed vegetables Assorted tossed salad Fresh fruit / light fruit cup Low fat or fat free milk		6) Tyson Popcorn Chicken Yummy herbed rice Marinated chickpea salad Stir fry vegetables Murphy's beans & greens soup Low fat or fat free milk		7) Cheeseburger or Hamburger Served on a warmed wheat bun Crispy potato puffs Homemade coleslaw Fresh fruit / light fruit cup Low fat or fat free milk		8) Mexican Casserole Served w. Tostitos tortilla chips Black bean & corn salsa Roasted cauliflower florets Fresh fruit / light fruit cup Low fat or fat free milk		9) Tony's Stuffed Crust Pizza Steamed Italian mixed vegetables Savory butternut squash Homemade minestrone soup Fresh fruit / light fruit cup Low fat or fat free milk	
12) Garlic Pizza Dunkers Served w. marinara sauce Marinated beets over romaine Sweet peas & carrots Fresh fruit / light fruit cup Low fat or fat free milk		13) Spicy Chicken Burrito Served on a wheat wrap Spanish rice Sweet candied yams Fresh fruit / light fruit cup Low fat or fat free milk		14) Taco Salad Served w. Tostitos tortilla chips Lettuce, tomato, cheddar cheese Refried beans Fresh fruit / light fruit cup Low fat or fat free milk		15) Homemade Mac & Cheese Oven roasted cauliflower florets Steamed green beans Murphy's vegetarian vegetable soup Fresh fruit / light fruit cup Low fat or fat free milk		16) Breaded Fish Fillet Sandwich Served on a wheat bun Homemade tartar sauce Sweet potato fries Bodacious broccoli salad Low fat or fat free milk	
19		20		21		22		23	
<p>*** Winter Recess NO SCHOOL ***</p>									
26) Tyson Chicken Nuggets Vegetable rice pilaf Steamed broccoli florets Assorted tossed salad Fresh fruit / light fruit cup Low fat or fat free milk		27) Marinated Meatball Sub Served on a wheat sub roll Sauteed green beans Marinated tomato & mozz salad Fresh fruit / light fruit cup Low fat or fat free milk		28) Turkey BLT Wrap Served on a wheat wrap Crinkle cut french fries Savory butternut squash Marinated chickpea salad Low fat or fat free milk		<p><u>DAILY ALTERNATIVE LUNCH</u> 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</p>			

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



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