

Columbia High School



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

All meals meet the Whole Grain requirements



mySchoolBucks.com



Monday	Tuesday	Wednesday	Thursday	Friday
			1) Fiestada (Taco) Pizza Murphy's homemade soup Roasted cauliflower florets Cool cucumber salad Fresh fruit / light fruit cup Low fat or fat free milk	2) Breakfast for Lunch! French toast sticks w. syrup Sausage omelet Golden hash brown patty Fresh fruit / light fruit cup Low fat or fat free milk
5) Penne Pasta w. Meat Sauce Served with a garlic breadstick Steamed Italian mixed vegetables Garden tossed salad Fresh fruit / light fruit cup Low fat or fat free milk	6) Spicy Chicken Fajita Served in a wheat wrap Peppers, onions, cheddar cheese Spanish rice pilaf Marinated three bean salad Low fat or fat free milk	7) Tasty Hot Dog on a wheat bun <u>or</u> Corn Dog Bush's baked beans Ruffles potato chips & pickles Campbell's New England Chowder Low fat or fat free milk	8) Turkey & Gravy Served w. honey wheat biscuit Creamy mashed potatoes Bodacious broccoli salad Fresh fruit / light fruit cup Low fat or fat free milk	9) Buffalo Cheese Crunchers Fresh vegetable bowl Steamed corn niblets Savory minestrone soup Fresh fruit / light fruit cup Low fat or fat free milk
12) Tyson Chicken Nuggets Herbed rice pilaf Sweet candied yams Asian-style tossed salads Fresh fruit / light fruit cup Low fat or fat free milk	13) BBQ Pulled Pork Sliders Served on Hawaiian slider rolls Homemade coleslaw California vegetable medley Fresh fruit / light fruit cup Low fat or fat free milk	14) Taco Salad Served with Tostito tortilla chips Lettuce, tomato, cheddar, salsa Confetti corn salad Cheesy refried beans Low fat or fat free milk	15) Chicken & Broccoli Alfredo Served with a garlic breadstick Creamy tomato soup Marinated three bean salad Fresh fruit / light fruit cup Low fat or fat free milk	16) Murphy's Homemade Pizza Served on a whole wheat crust Seasoned green beans Steamed cauliflower florets Fresh fruit / light fruit cup Low fat or fat free milk
19) Breaded Mozzarella Sticks Served w. warmed marinara sauce Steamed green beans Minestrone soup Fresh fruit / light fruit cup Low fat or fat free milk	20) Cheeseburger <u>or</u> Hamburger Served on a wheat bun Black bean & corn salsa w/ chips Seasoned carrot coins Fresh fruit / light fruit cup Low fat or fat free milk	21) Orange Glazed Popcorn Chicken Served with herbed rice Tasty sweet peas Murphy's beans & greens soup Fresh fruit / light fruit cup Low fat or fat free milk	22) Turkey & Cheese Sub Served on a wheat roll Seasoned curly fries Assorted tossed salads Fresh fruit / light fruit cup Low fat or fat free milk	<p style="text-align: center;">K-12 HALF DAY PROFESSIONAL DEVELOPMENT</p>
26) Homemade Macaroni & Cheese Tomato & mozzarella salad Steamed broccoli florets Campbell's bean w. bacon soup Fresh fruit / light fruit cup Low fat or fat free milk	27) Italian Meatball Sub Served w. marinara on a roll Oven roasted cauliflower florets Marinated three bean salad Fresh fruit / light fruit cup Low fat or fat free milk	28) Spicy <u>or</u> Plain Chicken Sandwich Served on a wheat bun Glazed carrot coins Assorted garden salads Fresh fruit / light fruit cup Low fat or fat free milk	29) Philly Cheese Steak Sandwich Served on a warm wheat hoagie Sauteed peppers, onions & cheese New England clam chowder Fresh fruit / light fruit cup Low fat or fat free milk	<p style="text-align: center;">Spring Recess</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..



Menu subject to change

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