



Columbia High School



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

mySchoolBucks.com

Monday	Tuesday	Wednesday	Thursday	Friday
2) 	3) 	4) 	5) 	6) 
SCHOOL RECESS				
9) Fiestada (Taco) Pizza Sweet glazed carrot coins Warmed cinnamon pears Homemade soup Fresh fruit / light fruit cup Low fat or fat free milk	10) Hamburger <u>or</u> Cheeseburger Served on a warmed wheat bun California mixed vegetables Fresh vegetable bowl w/ 1oz ranch Fresh fruit / light fruit cup Low fat or fat free milk	11) Tyson Chicken Nuggets Herbed rice pilaf Mrs. Dash green beans Campbell's bean w/ bacon soup Fresh fruit / light fruit cup Low fat or fat free milk	12) Turkey & Gravy Served with a warmed biscuit Steamed corn niblets Marinated three bean salad Fresh fruit / light fruit cup Low fat or fat free milk	13) Land 'O Lakes Mac & Cheese Steamed broccoli florets Italian mixed vegetables Garden tossed salad Fresh fruit / light fruit cup Low fat or fat free milk
16) Taco Salad Served w. Tostito tortilla chips Lettuce, tomato, cheddar, salsa Cheesy refried beans Fresh fruit / light fruit cup Low fat or fat free milk	17) Breaded Mozzarella Sticks Served with marinara sauce Tasty broccoli florets Marinated Tomato & Mozz salad Fresh fruit / light fruit cup Low fat or fat free milk	18) Hot Dog <u>or</u> Corn Dog Served on a warmed wheat roll Bush's baked beans Seasoned curly fries Fresh fruit / light fruit cup Low fat or fat free milk	19) Oven Roasted Chicken Served with homemade stuffing Mrs. Dash green beans Herb roasted red potatoes Fresh fruit / light fruit cup Low fat or fat free milk	20) Tony's Stuffed Crust Pizza Sweet glazed carrot coins Cool cucumber salad Campbell's Vegetable soup Fresh fruit / light fruit cup Low fat or fat free milk
23) Spicy Chicken Fajita Served w/ a whole wheat wrap Black beans, peppers & onions, cheese Spanish rice Confetti corn salsa Low fat or fat free milk	24) Penne Pasta w/ Sauce Served with marinara or meat sauce Mrs. Dash green beans Bodacious broccoli salad Fresh fruit / light fruit cup Low fat or fat free milk	25) Pizza <u>or</u> Buffalo Crunchers Assorted tossed salads Sweet glazed carrot coins Minestrone soup Fresh fruit / light fruit cup Low fat or fat free milk	26) Turkey & Bacon Sub Served on a wheat roll Bush's baked beans Italian mixed vegetable medley Fresh fruit / light fruit cup Low fat or fat free milk	27) Breaded Fish Fillet Sandwich Served on a warmed wheat bun Homemade tartar sauce Zesty French fries Fresh fruit / light fruit cup Low fat or fat free milk

30) Chicken & Broccoli Alfredo
Served with a garlic breadstick
Romaine topped w/ diced beets
Warmed cinnamon pears
Fresh fruit / light fruit cup
Low fat or fat free milk



EVERYONE CAN HAVE BREAKFAST
French Toast Sticks w. Syrup
Assorted Egg & cheese Sandwiches
English Muffins / Bagels
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

All meals meet the Whole Grain requirements

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

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



THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER..

Menu subject to change