



Columbia High School

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

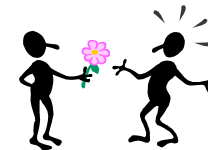
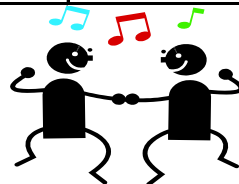


mySchoolBucks.com

Monday	Tuesday	Wednesday	Thursday	Friday
	1) Breaded Mozzarella Sticks Served w. warmed marinara sauce Steamed broccoli florets Fresh garden salads Fresh fruit / light fruit cup Low fat or fat free milk	2) Bacon Cheeseburger or Hamburger Served on a warmed wheat roll Crispy French fries Marinated tomato & Mozz salad Fresh fruit / light fruit cup Low fat or fat free milk	3) Oven Roasted Chicken Homemade stuffing w. gravy Pizza green beans Confetti corn salad Fresh fruit / light fruit cup Low fat or fat free milk	4) Tony's French Bread Pizza Sliced carrot coins Bush's baked beans Campbell's New England Clam Chowder Fresh fruit / light fruit cup Low fat or fat free milk
7) Fiestada (Taco) Pizza Seasoned French fries Italian vegetable medley Assorted tossed salads Fresh fruit / light fruit cup Low fat or fat free milk	8) Chicken Patty Parm Sandwich Served on a warmed wheat roll Herb roasted red potatoes Warmed cinnamon pears Fresh fruit / light fruit cup Low fat or fat free milk	9) Baked Cheese Ravioli Served w. a garlic breadstick California mixed vegetables Marinated three bean salad Fresh fruit / light fruit cup Low fat or fat free milk	10) Turkey Ala King Served w. a warmed biscuit Steamed cauliflower florets Fresh vegetable bowl Fresh fruit / light fruit cup Low fat or fat free milk	11) Tyson Chicken Nuggets Garlic & Oil penne pasta Seasoned cut corn Italian seasoned green beans Fresh fruit / light fruit cup Low fat or fat free milk
14) Land O'Lakes Mac & Cheese Steamed green beans California mixed vegetables Homemade soup Fresh fruit / light fruit cup Low fat or fat free milk	15) Hot Dog on a warm wheat bun or Corn Dog on a Stick Baked tater tots Creamy house made coleslaw Fresh fruit / light fruit cup Low fat or fat free milk	16) Taco Salad Served with Tostito's tortilla chips Lettuce, tomato, cheddar, salsa Cheesy refried beans Fresh fruit / light fruit cup Low fat or fat free milk	17) Garlic Pizza Dunkers Served w. warmed marinara sauce Celery & Carrots w. 1oz ranch Steamed broccoli florets Fresh fruit / light fruit cup Low fat or fat free milk	18) Spicy Chicken Burrito Served on a wheat wrap Black beans, peppers, onions, cheddar Zesty Spanish rice Fresh fruit / light fruit cup Low fat or fat free milk
21) Buffalo or Pizza Crunchers Steamed broccoli florets Bush's baked beans Campbell's Bean w. bacon soup Fresh fruit / light fruit cup Low fat or fat free milk	22) Diced Chicken Nachos Served with Tostito's tortilla chips Lettuce, tomato, cheddar Black bean & corn salsa Fresh fruit / light fruit cup Low fat or fat free milk	23) Cheeseburger or Hamburger Served on a warmed wheat roll Seasoned French fries Italian seasoned green beans Fresh fruit / light fruit cup Low fat or fat free milk	24) Turkey BLT Wrap Served on a wheat wrap Ruffles potato chips & pickles Cool cucumber salad Fresh fruit / light fruit cup Low fat or fat free milk	6 - 12 Half Day Professional Development
28) MEMORIAL DAY NO SCHOOL	29) Tyson Chicken Nuggets Vegetable rice pilaf Italian seasoned green beans Savory butternut squash Low fat or fat free milk	30) Italian Meatball Sub Served on a wheat hoagie Marinated chickpea salad Italian mixed vegetables Low fat or fat free milk	31) French Toast Sticks w. Syrup Sausage omelet Sweet potato fries Warmed cinnamon pears 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

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



THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER..

All meals meet the Whole Grain requirements

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

EVERYONE CAN HAVE BREAKFAST

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

Menu subject to change