







Columbia High School



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

mySchoolBucks.com

| Monday | Tuesday | Wednesday | Thursday | Friday |
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|  |  |  |  | |
| <p>3</p> <p>LABOR DAY</p> <p>NO SCHOOL</p> | <p>4</p> <p>Superintendent's Conference Day</p> <p>NO STUDENTS</p> | <p>5</p> <p>Superintendent's Conference Day</p> <p>NO STUDENTS</p> | <p>6)</p> <p>Tyson Chicken Nuggets Served with herbed rice Steamed carrot coins Fresh garden salad Fresh fruit / light fruit cup Low fat or fat free milk</p> | <p>7) Tony's French Bread Pizza Marinated tomato & mozzarella salad Italian style green beans Campbell's New England Chowder Fresh fruit / light fruit cup Low fat or fat free milk</p> |
| <p>10) Philly Cheese Steak Sandwich Served on a warmed sub roll Sautéed peppers & onions, cheese Assorted tossed salads Fresh fruit / light fruit cup Low fat or fat free milk</p> | <p>11) Cheeseburger OR Hamburger Served on a warmed wheat roll Creamy cucumber salad Bush's baked beans Fresh fruit / light fruit cup Low fat or fat free milk</p> | <p>12) Breaded Mozzarella Sticks Served with marinara sauce Oven roasted cauliflower Italian mixed vegetable medley Fresh fruit / light fruit cup Low fat or fat free milk</p> | <p>13) Oven Roasted Chicken Served with warmed biscuit Warmed cinnamon peaches Seasoned corn niblets Fresh fruit / light fruit cup Low fat or fat free milk</p> | <p>14) Crispy Fish Sandwich Served on a warmed wheat bun Seasoned French fries Sliced carrots & sweet peas Fresh fruit / light fruit cup Low fat or fat free milk</p> |
| <p>17) Italian Meatball Sub Served on a warmed hoagie Mashed potatoes Fresh garden salad Fresh fruit / light fruit cup Low fat or fat free milk</p> | <p>18) Diced Chicken Nachos Served with Tostito Tortilla Chips Lettuce, diced tomato, cheese, salsa Black bean & corn salad Fresh fruit / light fruit cup Low fat or fat free milk</p> | <p>19</p> <p>NO SCHOOL</p> | <p>20) Baked Garlic Cheese Sticks Served with marinara sauce Marinated chickpea salad Pizza green beans Fresh fruit / light fruit cup Low fat or fat free milk</p> | <p>21) Tony's Stuffed Crust Pizza Steamed broccoli florets Warmed cinnamon applesauce Homemade vegetable soup Fresh fruit / light fruit cup Low fat or fat free milk</p> |
| <p>24) Toasted Cheese Sandwich Served on whole wheat bread Creamy tomato soup Steamed broccoli Fresh fruit / light fruit cup Low fat or fat free milk</p> | <p>25) Chicken Parmesan Sandwich Served on a warmed wheat roll Celery & carrot sticks w. 1oz ranch Candied yams Fresh fruit / light fruit cup Low fat or fat free milk</p> | <p>26) Taco Salad Served with Tostito Tortilla Chips Lettuce, diced tomato, cheese, salsa Cheesy refried beans Fresh fruit / light fruit cup Low fat or fat free milk</p> | <p>27) Turkey & Cheese Wrap Served on a wheat wrap Ruffles potato chips/ pickles Steamed cut corn Fresh fruit / light fruit cup Low fat or fat free milk</p> | <p>28) Pizza OR Buffalo Crunchers Mrs. Dash green beans Sliced carrot coins Chef's choice soup Fresh fruit / light fruit cup Low fat or fat free milk</p> |

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

All meals meet the Whole Grain requirements

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER..

Menu subject to change

**EVERYONE
CAN EAT
BREAKFAST**

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

DAILY ALTERNATIVE ENTREE CHOICES

* **Made-to-order wraps**

* **Fresh made salad with choice of topping, breadstick & dressing**

* **Fresh made subs & wraps to "grab & go"**