



# Columbia High School



Monday	Tuesday	Wednesday	Thursday	Friday
1) <b>Orange Glazed Popcorn Chicken</b> Herbed Rice Pilaf Stir fry mixed vegetables Fresh tossed salad Fresh fruit / light fruit cup Low fat or fat free milk	2) <b>Hot Dog on a Wheat Bun</b> Choice of Meat Sauce Pizza green beans Tomato & Mozzarella salad Fresh fruit / light fruit cup Low fat or fat free milk	3) <b>Hamburger or Cheeseburger</b> Served on a wheat bun Crispy French fries Murphy's beans & greens soup Marinated chickpea salad Low fat or fat free milk	4) <b>Penne Pasta Bar</b> Choice of meat sauce or Alfredo Served w. a garlic breadstick Steamed broccoli florets Fresh fruit / light fruit cup Low fat or fat free milk	5) <b>Murphy's Homemade Pizza</b> Candied sweet potatoes Oven roasted cauliflower Carrots & Celery Sticks w. 1oz ranch Fresh fruit / light fruit cup Low fat or fat free milk
8) <b>COLUMBUS DAY</b>  <b>NO SCHOOL</b>	9) <b>Baked Garlic Cheese Dunkers</b> Served w. marinara sauce Italian mixed vegetable blend Fresh tossed salad Fresh fruit / light fruit cup Low fat or fat free milk	10) <b>Diced Chicken Nachos</b> Served w. Tostito's Tortilla chips Lettuce, diced tomato, cheddar, salsa Black bean & corn salsa Fresh fruit / light fruit cup Low fat or fat free milk	11) <b>Homemade Mac &amp; Cheese</b> Steamed green beans Confetti corn salad Marinated tomato & mozzarella salad Fresh fruit / light fruit cup Low fat or fat free milk	12) <b>Tony's Stuffed Crust Pizza</b> Served w. assorted toppings Murphy's greens & beans soup Sliced carrot coins Fresh fruit / light fruit cup Low fat or fat free milk
15) <b>Toasted Cheese Sandwich</b> Served on whole wheat bread Campbell's creamy tomato soup Steamed peas & carrots Fresh fruit / light fruit cup Low fat or fat free milk	16) <b>Delicious Corn Dogs</b> California mixed vegetables Bush's baked beans Cool cucumber salad Fresh fruit / light fruit cup Low fat or fat free milk	17) <b>Turkey &amp; Lettuce Wrap</b> Served on a wheat tortilla Bodacious broccoli salad Seasoned French fries Fresh fruit / light fruit cup Low fat or fat free milk	18) <b>Tyson Chicken Nuggets</b> Served w. herbed rice Seasoned green beans Italian mixed vegetables Fresh fruit / light fruit cup Low fat or fat free milk	19) <b>K-12 HALF DAY PROFESSIONAL DEVELOPMENT</b>
22) <b>Tony's French Bread Pizza</b> Seasoned corn niblets Savory sweet peas Fresh tossed salad Fresh fruit / light fruit cup Low fat or fat free milk	23) <b>Chicken Alfredo</b> Served on top penne pasta Sautéed broccoli florets Fresh garden salad Fresh fruit / light fruit cup Low fat or fat free milk	24) <b>Taco Salad</b> Served w. Tostito's Tortilla chips Lettuce, diced tomato, cheddar, salsa Cheesy Refried beans Fresh fruit / light fruit cup Low fat or fat free milk	25) <b>Buffalo Cheese Crunchers</b> Carrot & Celery sticks w. 1oz ranch Campbell's bean w. bacon soup Steamed green beans Fresh fruit / light fruit cup Low fat or fat free milk	26) <b>Crispy Fish Sandwich</b> Served on a wheat bun Seasoned sweet potato fries Homemade tartar sauce Creamy cucumber salad Low fat or fat free milk
29) <b>Spicy Chicken Fajita</b> Served on a tortilla Sautéed peppers, onions & cheddar Carrot & Celery sticks w. 1oz ranch Fresh fruit / light fruit cup Low fat or fat free milk	30) <b>Breaded Mozzarella Sticks</b> Served w. warmed marinara sauce Steamed green beans Chef choice homemade soup Fresh fruit / light fruit cup Low fat or fat free milk	31) <b>Baked Ziti w/ Meat Sauce</b> Served w. garlic breadstick Fresh tossed salad Seasoned cut corn Fresh fruit / light fruit cup Low fat or fat free milk		

**DAILY ALTERNATIVE ENTREE CHOICES**

- \* **Made-to-order wraps**
- \* **Fresh made salad with choice of topping, Breadstick & Dressing**
- \* **Fresh made subs & wraps to "grab & go"**

**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*

Menu subject to change

**EVERYONE CAN EAT BREAKFAST**

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



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