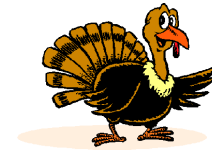




# Columbia High School



mySchoolBucks.com

Monday	Tuesday	Wednesday	Thursday	Friday
			1) <b>Tyson Chicken Nuggets</b> Served with garlic pasta Marinated three bean salad Steamed broccoli florets Fresh fruit / light fruit cup Low fat or fat free milk	2) <b>Breaded Fish Filet Sandwich</b> Served on a warmed wheat bun Crispy French fries Sweet peas Fresh fruit / light fruit cup Low fat or fat free milk
5) <b>BBQ Beef Hoagie</b> Served on a warmed wheat roll Roasted cauliflower florets Glazed cut carrots Fresh fruit / light fruit cup Low fat or fat free milk	6) <b>K-12 NO SCHOOL</b>  <b>PROFESSIONAL DEVELOPMENT</b>	7) <b>Delicious Hot Dog</b> Served on a wheat roll Bush's baked beans Confetti corn salad New England Clam chowder Low fat or fat free milk	8) <b>Turkey &amp; Gravy</b> Served w. a warmed biscuit Savory mashed potatoes Celery & carrot sticks w. 1oz ranch Fresh fruit / light fruit cup Low fat or fat free milk	9) <b>Diced Chicken Nachos</b> Served w. Tostito's Tortilla Chips Lettuce, tomato, cheddar & salsa Warmed black beans Fresh fruit / light fruit cup Low fat or fat free milk
12) <b>VETERANS DAY OBSERVANCE</b>  <b>NO SCHOOL</b>	13) <b>Baked Cheese Breadsticks</b> Served w. warmed marinara sauce Steamed broccoli florets Sliced carrot coins Fresh fruit / light fruit cup Low fat or fat free milk	14) <b>Taco Salad</b> Served w. Tostito's Tortilla Chips Lettuce, tomato, cheddar & salsa Cheesy refried beans Fresh fruit / light fruit cup Low fat or fat free milk	15) <b>Cheeseburger or Hamburger</b> Served on a warmed wheat bun Seasoned French fries Homemade coleslaw Campbell's Bean w. bacon soup Low fat or fat free milk	16) <b>Homemade Cheesy Pizza</b> Roasted cauliflower florets Marinated tomato on romaine Steamed green beans Fresh fruit / light fruit cup Low fat or fat free milk
19) <b>Golden Mozzarella Sticks</b> Served w. warmed marinara sauce Fresh tossed salad Sliced carrots & peas Fresh fruit / light fruit cup Low fat or fat free milk	20) <b>Crispy Chicken Sandwich</b> Served on a warmed wheat bun Sweet corn niblets Bush's baked beans Fresh fruit / light fruit cup Low fat or fat free milk			23) <b>NO SCHOOL</b>
26) <b>Pizza Crunchers</b> Served w. warmed marinara sauce Bodacious broccoli salad Italian style green beans Fresh fruit / light fruit cup Low fat or fat free milk	27) <b>Italian Style Meatballs</b> Served on a wheat hoagie roll Sweet baked squash Marinated three bean salad Fresh fruit / light fruit cup Low fat or fat free milk	28) <b>Tyson Chicken Nuggets</b> Herbed rice pilaf Italian mixed vegetables Carrot & Celery Sticks w. 1oz ranch Fresh fruit / light fruit cup Low fat or fat free milk	29) <b>Turkey &amp; Cheese Wrap</b> Served w. lettuce & tomato Seasoned French fries Sliced beets over romaine Chef's choice homemade soup Low fat or fat free milk	30) <b>Tony's Stuffed Crust Pizza</b> Glazed carrot coins Seasoned cut corn Fresh garden salad Fresh fruit / light fruit cup Low fat or fat free milk

**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*

**EVERYONE CAN HAVE 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"**

All meals meet the Whole Grain requirements

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER. Menu subject to change