

GRADE 9-12

Columbia High School



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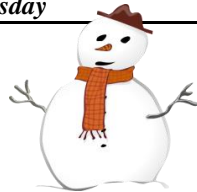
Monday

Tuesday

Wednesday

Thursday

Friday



<p>3) Tyson Chicken Nuggets Vegetable rice pilaf Assorted tossed salads Italian vegetable medley Fresh fruit / light fruit cup Low fat or fat free milk</p>	<p>4) Toasted Cheese Sandwich Served on wheat bread Campbell's creamy tomato soup Pizza green beans Fresh fruit / light fruit cup Low fat or fat free milk</p>	<p>5) Pasta Penne Bar Choice of Alfredo or meat sauce Steamed broccoli florets Marinated three bean salad Fresh fruit / light fruit cup Low fat or fat free milk</p>	<p>6) Turkey Ala King Served on a honey wheat biscuit Bodacious broccoli salad Sweet peas & carrot coins Fresh fruit / light fruit cup Low fat or fat free milk</p>	<p>7) Baked Fish Fillet Sandwich Served on a wheat bun Zesty french fries Seasoned sweet peas Campbell's New England Chowder Low fat or fat free milk</p>
<p>10) Hot Dogs on a Warm Bun Served with meat sauce Bush's baked beans Sweet glazed carrots Fresh fruit / light fruit cup Low fat or fat free milk</p>	<p>11) Homemade Mac & Cheese Steamed broccoli florets Marinated tomato & mozzarella Vegetarian vegetable soup Fresh fruit / light fruit cup Low fat or fat free milk</p>	<p>12) Taco Salad Served w. Tortilla chips Lettuce, tomato, cheddar, salsa Refried beans topped w. cheese Fresh fruit / light fruit cup Low fat or fat free milk</p>	<p>13) Tyson Popcorn Chicken Bowl Savory mashed potatoes Tasty cut corn Fresh garden salads Fresh fruit / light fruit cup Low fat or fat free milk</p>	<p>14) Murphy's Homemade Pizza Served on a wheat crust Campbell's Bean w/ bacon soup Roasted cauliflower florets Savory green beans Low fat or fat free milk</p>
<p>17) Cheesy Mozzarella Sticks Served with marinara sauce Savory roasted squash Bodacious broccoli salad Fresh fruit / light fruit cup Low fat or fat free milk</p>	<p>18) Hot Meatball Sub Served on a wheat hoagie California vegetable medley Fresh garden salads Minestrone soup Low fat or fat free milk</p>	<p>19) Diced Chicken Nachos Served w. Tortilla chips Lettuce, tomato, cheddar, salsa Black beans w. corn & red peppers Fresh fruit / light fruit cup Low fat or fat free milk</p>	<p>20) Turkey BLT Wrap Served on a wheat wrap Homemade coleslaw Bush's baked beans Chef's choice soup Low fat or fat free milk</p>	<p>21) Baked Corn Dogs Crispy sweet potato fries Sweet corn niblets Fresh tossed salad Fresh fruit / light fruit cup Low fat or fat free milk</p>

24	WINTER RECESS	28
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Breakfast price \$2.25 daily
Lunch price \$3.25 daily
Reduced price meals: Lunch \$.25 daily - Breakfast \$.25 daily

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"**

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER.
All meals meet the Whole Grain requirements

Menu subject to change

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