











# Columbia High School

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



[mySchoolBucks.com](http://mySchoolBucks.com)

Monday	Tuesday	Wednesday	Thursday	Friday
				1) <b>Tony's French Bread Pizza</b> Choice of cheese or pepperoni Oven roasted cauliflower California mixed vegetables Fresh fruit / light fruit cup Low fat or fat free milk
4) <b>Hot Meatball Sub</b> Served on a wheat hoagie Steamed corn niblets Sliced carrots Fresh fruit / light fruit cup Low fat or fat free milk	5) <b>Fancy Fish Sandwich</b> Served on a wheat bun Crispy sweet potato fries Italian seasoned green beans Fresh fruit / light fruit cup Low fat or fat free milk	6) <b>Spicy Chicken Fajita</b> Served on a tortilla shell Sautéed peppers & onions Warmed black beans w/ red pepper Confetti corn salad Low fat or fat free milk	7) <b>Crispy Mozzarella Sticks</b> Served with warmed marinara Marinated four bean salad Steamed broccoli florets Fresh fruit / light fruit cup Low fat or fat free milk	8) <b>K-12 HALF DAY PROFESSIONAL DEVELOPMENT</b>
11) <b>Chicken Patty Sandwich</b> Choice of spicy or plain patty Fresh celery & carrot sticks Seasoned broccoli florets Fresh fruit / light fruit cup Low fat or fat free milk	12) <b>Hamburger or Cheeseburger</b> Served on a wheat bun Seasoned French fries Bush's baked beans Fresh fruit / light fruit cup Low fat or fat free milk	13) <b>Garlic Cheese Breadsticks</b> Served with warmed marinara Fresh tossed salad Glazed cut carrots Fresh fruit / light fruit cup Low fat or fat free milk	14) <b>Turkey BLT Sub</b> Served on a white wheat sub Tomato & mozzarella salad Sweet potato nuggets Fresh fruit / light fruit cup Low fat or fat free milk	15) <b>Murphy's Homemade Pizza</b> Served with assorted toppings Italian style green beans Marinated chickpea salad Bodacious broccoli salad Low fat or fat free milk
18) 	19) 	20) 	21) 	22) 
<p>**** <b>Winter Recess</b>      <b>NO SCHOOL</b>      ****</p>				
25) <b>Tyson Chicken Nuggets</b> Herbed rice pilaf Fresh tossed salad Steamed broccoli florets Fresh fruit / light fruit cup Low fat or fat free milk	26) <b>Baked Ziti w/ Meat Sauce</b> Mrs. Dash seasoned green beans Fresh cut corn kernels Creamy cucumber salad Fresh fruit / light fruit cup Low fat or fat free milk	27) <b>Taco Salad</b> Served w/ tortilla chips Lettuce, tomato, cheddar, salsa Refried beans w/ cheddar Fresh fruit / light fruit cup Low fat or fat free milk	28) <b>Hot Dog in a wheat bun</b> <u>OR</u> <b>Corn Dog</b> Zesty seasoned French fries Sweet sliced carrots Fresh fruit / light fruit cup Low fat or fat free milk	<p><b><u>DAILY ALTERNATIVE ENTREE CHOICES</u></b></p> <ul style="list-style-type: none"> <li>* <b>Made-to-order wraps</b></li> <li>* <b>Fresh made salad with choice of topping, Breadstick &amp; Dressing</b></li> <li>* <b>Fresh made subs &amp; wraps to "grab &amp; go"</b></li> </ul>

**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..*



**EVERYONE CAN HAVE BREAKFAST**

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

Menu subject to change