



Columbia High School

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



mySchoolBucks.com

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

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