

Columbia High School

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



mySchoolBucks.com



Monday

Tuesday

Wednesday

Thursday

Friday



1) **Murphy's Homemade Pizza**
Choice of cheese or pepperoni
Pizza green beans
Fresh garden salad
Fresh fruit / light fruit cup
Low fat or fat free milk

4) **Toasted Cheese Sandwich**
Served on wheat bread
Campbell's Tomato soup
Steamed broccoli florets
Fresh fruit / light fruit cup
Low fat or fat free milk

5) **BBQ Pulled Pork Sandwich**
Served on Hawaiian rolls
Bush's baked beans
Italian herbed green beans
Fresh fruit / light fruit cup
Low fat or fat free milk

6) **Spicy Chicken Fajitas**
On a tortilla shell w. spanish rice
Confetti corn salsa
Creamy cucumber salad
Fresh fruit / light fruit cup
Low fat or fat free milk

7) **Penne Pasta Bar**
Choice of Alfredo or meat sauce
Fresh garden salad
Oven roasted cauliflower
Fresh fruit / light fruit cup
Low fat or fat free milk

8) **Crispy Mozzarella Sticks**
Served with marinara sauce
Seasoned sliced carrots
California mixed vegetables
Fresh fruit / light fruit cup
Low fat or fat free milk

11) **Macaroni & Cheese**
Marianated four bean salad
Sweet corn niblets
Steamed green beans
Fresh fruit / light fruit cup
Low fat or fat free milk

12) **Breaded Fish Filet Sandwich**
Served on a warmed wheat bun
Campbell's Bean w. bacon soup
Mrs. Dash broccoli florets
Crispy sweet potato nuggets
Low fat or fat free milk

13) **Taco Salad**
Served w. tortilla chips
Lettuce, tomato, cheddar, salsa
Cheesy refried beans
Fresh fruit / light fruit cup
Low fat or fat free milk

14) **Tyson Chicken**
Savory herbed rice
Roasted butternut squash
Fresh garden salad
Fresh fruit / light fruit cup
Low fat or fat free milk

15) **K-12 NO SCHOOL
FULL DAY
PROFESSIONAL
DEVELOPMENT**

18) **Buffalo or Pizza Crunchers**
Carrot & Celery sticks w. 1oz Ranch
Bush's baked beans
Roasted squash
Fresh fruit / light fruit cup
Low fat or fat free milk

19) **Hamburger or Cheeseburger**
Served on a wheat bun
New England Clam Chowder
Seasoned french fries
Savory sweet peas
Low fat or fat free milk

20) **Italian Herbed Grilled Chicken**
Herbed rice pilaf
Sweet corn niblets
Black beans w. red pepper
Fresh fruit / light fruit cup
Low fat or fat free milk

21) **Turkey & Gravy**
Savory stuffing
Glazed carrot coins
Marinated chickpea salad
Fresh fruit / light fruit cup
Low fat or fat free milk

22) **Tony's French Bread Pizza**
Served w. assorted toppings
Warmed cinnamon pears
Steamed broccoli florets
Fresh fruit / light fruit cup
Low fat or fat free milk

25) **Chicken Patty Sandwich**
Choice of spicy or plain patty
Shredded lettuce & tomato
Bodacious broccoli salad
Yummy corn kernels
Low fat or fat free milk

26) **Hot Dog in a Wheat Bun
OR
Corn Dog**
Minestrone soup
Bush's baked beans
Ruffle's potato chips & pickles
Low fat or fat free milk

27) **Turkey & Cheese Sub**
On a wheat subroll w. lettuce
Zesty french fries
Steamed broccoli florets
Fresh fruit / light fruit cup
Low fat or fat free milk

28) **Garlic Cheese Breadsticks**
Served w. marinara sauce
Seasoned green beans
Marinated beet salad
Chef's choice soup
Low fat or fat free milk

29) **Murphy's Homemade Pizza**
Sliced carrot coins
Fresh tossed salads
Italian vegetable medley
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

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER..

All meals meet the Whole Grain requirements

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"