



Columbia High School

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



mySchoolBucks.com

Monday	Tuesday	Wednesday	Thursday	Friday	
1) Golden Toasted Cheese Sandwich Seasoned green beans Fresh tossed salad Campbell's Tomato soup Fresh fruit / light fruit cup Low fat or fat free milk	2) Chicken & Broccoli Alfredo Served on penne pasta Savory vegetable medley Marinated four bean salad Fresh fruit / light fruit cup Low fat or fat free milk	3) Breaded Fish Sandwich Served on a warm wheat bun Sweet potato nuggets Homemade coleslaw Fresh fruit / light fruit cup Low fat or fat free milk	4) Turkey & Gravy Served with a warmed biscuit Candied yams Bodacious broccoli salad Fresh fruit / light fruit cup Low fat or fat free milk	5) Tony's Stuffed Crust Pizza Bush's baked beans New England Clam Chowder California mixed vegetables Fresh fruit / light fruit cup Low fat or fat free milk	
8) Land 'O Lakes Mac & Cheese Served with buffalo chicken Steamed broccoli Creamy cucumber salad Fresh fruit / light fruit cup Low fat or fat free milk	9) Spicy Chicken Fajita Wrap Peppers, onions, cheddar cheese Served with Spanish rice Confetti corn salad Fresh fruit / light fruit cup Low fat or fat free milk	10) BBQ Pulled Pork Served in a wheat roll Tasty corn kernels Sunny carrot coins Ruffles potato chips & pickles Low fat or fat free milk	11) Turkey BLT Wrap Served on a tortilla Crispy French fries Seasoned broccoli florets Fresh fruit / light fruit cup Low fat or fat free milk	12) Murphy's Homemade Pizza Served on a wheat crust Italian style green beans Chef's choice homemade soup Fresh fruit / light fruit cup Low fat or fat free milk	
15) Tyson Popcorn Chicken Bowl Served w. herbed rice Steamed corn Garden fresh tossed salads Fresh fruit / light fruit cup Low fat or fat free milk	16) Cheeseburger or Hamburger Served on a wheat bun Seasoned French fries Bodacious broccoli salad Fresh fruit / light fruit cup Low fat or fat free milk	17) Breaded Mozzarella Sticks Served w. warmed marinara sauce Pizza green beans Campbell's Bean w. bacon soup Fresh fruit / light fruit cup Low fat or fat free milk	SCHOOL RECESS		
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SCHOOL RECESS		30) Tyson Chicken Nuggets Garlic & Oil penne pasta Seasoned broccoli florets Marinated chickpea salad Fresh fruit / light fruit cup Low fat or fat free milk		<p style="text-align: center;">EVERYONE CAN HAVE BREAKFAST</p> <p style="text-align: center;">French Toast Sticks w. Syrup Assorted Egg & cheese Sandwiches English Muffins / Bagels Milk/Fruit/Juice</p> <p style="text-align: center;">DAILY ALTERNATIVE ENTREE CHOICES</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

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER.

All meals meet the Whole Grain requirements