








Columbia High School

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

mySchoolBucks.com



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|---|
|  |  | 1) Seasoned Chicken Fajitas Sauteed onions, peppers & cheese Spicy Rice Pilaf Marinated chick pea salad Fresh fruit / light fruit cup Low fat or fat free milk | 2) Breaded Fish Filet Homemade tartar sauce Seasoned curly french fries New England clam chowder Seasoned green beans Low fat or fat free milk | 3) Orange Glazed Popcorn Chicken Savory herbed rice Stir Fry Vegetable Medley Fresh vegetables w/ 1oz ranch Fresh fruit / light fruit cup Low fat or fat free milk |
| 6) Columbia's Hot Dog Your choice of various toppings Homemade macaroni & cheese Bush's baked beans Diced beet salad Low fat or fat free milk | 7) Ham & Cheese Wrap Served on a wheat or tomato wrap Ruffles chips & pickle chips Delicious butternut squash Seasoned broccoli florettes Low fat or fat free milk | 8) Baked Cheese Ravioli Served with a Garlic breadstick Fresh garden tossed salads Roasted cauliflower florettes Fresh fruit / light fruit cup Low fat or fat free milk | 9) Tyson breaded chicken nuggets Herbed rice with gravy Savory sweet pea salad Sweet glazed carrot coins Fresh fruit / light fruit cup Low fat or fat free milk | 10) Murphy's Homemade Pizza Yummy corn niblets Campbell's creamy tomato soup Italian style green beans Fresh fruit / light fruit cup Low fat or fat free milk |
| 13) Breaded Mozzarella Sticks Served with marinara sauce Warm cinnamon applesauce California mixed vegetables Fresh fruit / light fruit cup Low fat or fat free milk | 14) Chicken Parmesan Patty Served on a whole wheat bun Topped with marinara & mozzarella Confetti corn salad / Garden salad Savory carrots & sweet peas Low fat or fat free milk | 15) Taco Salad Tostitos tortilla chips Lettuce, tomatoes, cheese, salsa Refried beans Fresh tossed salad Low fat or fat free milk | 16) Tony's Stuffed Crust Pizza Murphy's homemade soup Marinated three bean salad Italian mixed vegetable medley Fresh fruit / light fruit cup Low fat or fat free milk | 17) "Red Hot" Grilled Chicken Breast Mashed potatoes w/ gravy Broccoli florettes Fresh garden salads Fresh fruit / light fruit cup Low fat or fat free milk |
| 20  | 21  | 22  | 23  | 24  |
| <p>**** Winter Recess NO SCHOOL ****</p> | | | | |
| 27) Buffalo Cheese Crunchers Celery & carrot sticks w/ 1oz ranch Fresh cucumber salad Murphy's homemade soup Fresh fruit / light fruit cup Low fat or fat free milk | 28) Italian Meatball Sub Served on a wheat subroll Herb roasted red potatoes Warmed cinnamon pears Fresh fruit / light fruit cup Low fat or fat free milk | <p><i>All meals meet the Whole Grain requirements</i></p> | | |

LUNCH PRICE
Breakfast price **\$2.25** daily
Lunch price \$3.25 daily
Reduced price meals: Lunch \$.25 daily - Breakfast \$.25 daily



DAILY ALTERNATIVE LUNCH
Fresh salad with choice of topping, roll & dressing
OR
Monday--Tuna salad sandwich
Tuesday--Turkey w/lettuce sandwich
Wednesday--Bologna & cheese sandwich
Thursday--PB&J uncrustable
Friday--Ham & cheese sandwich
Including vegetable, fruit & milk

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