



# Columbia High School



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



All meals meet the Whole Grain requirements



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

Monday	Tuesday	Wednesday	Thursday	Friday
		1) Tyson Chicken Nuggets Seasoned rice pilaf Oven roasted cauliflower Marinated three bean salad Fresh fruit / light fruit cup Low fat or fat free milk	2) Savory Turkey & Gravy <b>OR</b> French Bread Pizza Herbed stuffing Candied yams Steamed broccoli florettes Low fat or fat free milk	3) Toasted Cheese Sandwich Served on whole wheat bread Campbell's creamy tomato soup Fresh tossed salad & sliced pickles Fresh fruit / light fruit cup Low fat or fat free milk
6) Corn Dog on a Stick Bush's baked beans Fresh vegetable bowl Warmed cinnamon applesauce Fresh fruit / light fruit cup Low fat or fat free milk	7) Hamburger or Cheeseburger Served on a whole wheat bun Seasoned french fries Sliced carrot coins & sweet peas Fresh fruit / light fruit cup Low fat or fat free milk	8) Baked Ziti w. Meat Sauce Served with a garlic breadstick Creamy cucumber salad Steamed broccoli florettes Fresh fruit / light fruit cup Low fat or fat free milk	9) Seasoned Chicken Fajitas Served in a wheat wrap Sauteed peppers, onions & cheese Black bean & corn salad Fresh fruit / light fruit cup Low fat or fat free milk	10) Baked Fish Fillet on a bun Homemade tartar sauce Yummy macaroni & cheese Campbell's Bean w/ bacon soup Italian style green beans Low fat or fat free milk
13) Philly Cheese Steak Sandwich Served on a whole wheat roll Sauteed peppers, onions & cheese Celery & carrot sticks w. 1oz ranch Fresh fruit / light fruit cup Low fat or fat free milk	14) Plain or Spicy Chicken Patty Served on a whole wheat bun Diced beet salad over greens Homemade vegetable soup Fresh fruit / light fruit cup Low fat or fat free milk	15) Taco Salad Served with Tostito's tortilla chips Lettuce, tomato, cheddar & salsa Cheesy refried beans Fresh fruit / light fruit cup Low fat or fat free milk	16) Oven Roasted Chicken Seasoned rice pilaf w. gravy Sweet butternut squash Yummy green peas Fresh fruit / light fruit cup Low fat or fat free milk	17) Stuffed Crust Cheesy Pizza Fresh tossed salad California mixed vegetables Warmed cinnamon applesauce Fresh fruit / light fruit cup Low fat or fat free milk
20) Breakfast for Lunch! French toast sticks w. syrup Golden hash brown patty Sausage links (2) Fresh garden salad w/ oranges Low fat or fat free milk	21) Chicken Alfredo w. Broccoli Served with a garlic breadstick Sweet potato fries Marinated chick pea salad Fresh fruit / light fruit cup Low fat or fat free milk	22) Breaded Mozzarella Sticks Served w. warmed marinara sauce Warmed cinnamon spiced pears Homemade vegetable soup Fresh fruit / light fruit cup Low fat or fat free milk	23) Murphy's Homemade Pizza Homemade vegetable soup Celery & carrot sticks w. 1oz ranch Italian mixed vegetables Fresh fruit / light fruit cup Low fat or fat free milk	<b>24</b> <b>K-12</b> <b>PROFESSIONAL DEVELOPMENT</b> <b>NO SCHOOL</b>
27) Buffalo <b>OR</b> Pizza Crunchers Served w. warmed marinara sauce Sliced sweet carrots Garden vegetable tossed salad Fresh fruit / light fruit cup Low fat or fat free milk	28) Ham & Cheese Sub Served on a wheat hoagie roll Seasoned tater tots Homemade cole slaw Murphy's beans & greens soup Low fat or fat free milk	29) Murphy's Homemade Chili Served with tortilla chips Seasoned corn niblets Marinated three bean salad Fresh fruit / light fruit cup Low fat or fat free milk	30) Orange Glazed Popcorn Chicken Spanish rice pilaf Stir fry mixed vegetables Bodacious broccoli salad Fresh fruit / light fruit cup Low fat or fat free milk	31) Garlic Pizza Dunkers Served w. warmed marinara sauce Italian style green beans Fresh vegetable bowl 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

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER..

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



Menu subject to change

**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