



Columbia High School

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



mySchoolBucks.com

Monday	Tuesday	Wednesday	Thursday	Friday
3) Penne Pasta Bar Choice of Alfredo or Meat sauce Served w. a garlic breadstick Italian style mixed vegetables Fresh fruit / light fruit cup Low fat or fat free milk	4) Seasoned Chicken Fajitas Sautéed peppers, onions, cheddar Served on a whole wheat tortilla Homemade chicken tortilla soup Confetti corn salad Low fat or fat free milk	5) Hot Italian Meatball Sub Served on a wheat hoagie roll Fresh garden tossed salad Campbell's bean w. bacon soup Seasoned corn niblets Low fat or fat free milk	6) Golden Mozzarella sticks Served w/ warm marinara Seasoned green beans Creamy cucumber salad Fresh fruit / light fruit cup Low fat or fat free milk	7) French Bread Pizza Served with assorted toppings Seasoned broccoli florets Vegetarian vegetable soup Warmed cinnamon peaches Low fat or fat free milk
10) Toasted Cheese Sandwich Served on whole wheat bread Campbell's creamy tomato soup Homemade broccoli coleslaw California mixed vegetables Low fat or fat free milk	11) Hamburger or Cheeseburger Served on a whole wheat bun Bush's baked beans Oven roasted red potatoes Fresh fruit / light fruit cup Low fat or fat free milk	12) Tyson Chicken Nuggets Served with Spanish rice Savory corn w/ red peppers Celery & carrot sticks w/ 1oz ranch Fresh fruit / light fruit cup Low fat or fat free milk	13) Murphy's homemade pizza Served on a whole wheat crust Fresh assorted tossed salads Steamed sweet peas Fresh fruit / light fruit cup Low fat or fat free milk	14) SCHOOL RECESS
17 	18 SCHOOL	19 	20 RECESS	21  
24) Breaded Mozzarella Sticks Served w. warmed marinara sauce Marinated three bean salad Warmed cinnamon applesauce Fresh fruit / light fruit cup Low fat or fat free milk	25) Oven Roasted Chicken Herbed rice w. gravy Bodacious broccoli salad Roasted cauliflower florets Fresh fruit / light fruit cup Low fat or fat free milk	26) Taco Salad Tostito's tortilla chips Lettuce, tomatoes, cheese, salsa Cheesy refried beans Fresh fruit / light fruit cup Low fat or fat free milk	27) Turkey & Cheese Sub Served on a whole wheat sub roll Crazy curly fries & pickle chips Sliced sweet carrots w. peas Fresh fruit / light fruit cup Low fat or fat free milk	28) Garlic Pizza Dunkers Served w. warmed marinara sauce Seasoned mixed vegetables Fresh tossed salad Fresh fruit / light fruit cup Low fat or fat free milk

LUNCH PRICE

Breakfast price **\$2.25** daily

Lunch price \$3.25 daily

Reduced price meals: Lunch \$.25 daily - Breakfast \$.25 daily

All meals meet the Whole Grain requirements

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

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

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

Menu subject to change

