



Columbia High School

Daily alternative entree choice: variety of subs, wraps, sandwiches, fresh salads and soup w/ a breadstick



mySchoolBucks.com

Monday	Tuesday	Wednesday	Thursday	Friday
3) Land 'O Lakes Mac & Cheese Steamed broccoli florets Sliced carrot coins Confetti corn salad Campbell's Bean w. bacon soup Low fat or fat free milk	4) Philly Cheese Steak Served in a warmed hoagie Sauteed peppers, onions, cheddar Steamed corn niblets Creamy cucumber salad Low fat or fat free milk	5) Taco Salad Served w. tortilla chips Lettuce, tomato, cheddar, salsa Black beans w. red pepper Fresh fruit / light fruit cup Low fat or fat free milk	6) Tyson Chicken Nuggets Herb rice w. gravy Fresh tossed salad Roasted butternut squash Fresh fruit / light fruit cup Low fat or fat free milk	7) K-12 HALF DAY PROFESSIONAL DEVELOPMENT
10) "Sticks & Stones" Popcorn Chicken & Biscuit Sticks Served with gravy Fresh tossed salad Fresh fruit / light fruit cup Low fat or fat free milk	11) Cheeseburger or Hamburger Veggie Burgers Seasoned waffle fries Marinated four bean salad Homemade chicken noodle soup Low fat or fat free milk	12) Tony's Stuffed Crust Pizza Choice of cheese or pepperoni Creamy cucumber salad Sliced carrot coins Fresh fruit / light fruit cup Low fat or fat free milk	13) Chicken Penne Alfredo Warm garlic breadstick Steamed broccoli florets Marinated tomato & mozz salad Fresh fruit / light fruit cup Low fat or fat free milk	14) Toasted Cheese Sandwich Served on wheat bread Campbell's tomato soup Pizza green beans Bodacious broccoli salad Low fat or fat free milk
17)		18)	19)	20)
**** Winter Recess NO SCHOOL ****				
24) Cheesy Mozzarella Sticks Served w. marinara sauce Candied yams California blend vegetables Fresh fruit / light fruit cup Low fat or fat free milk	25) Tyson Chicken Patty Sandwich Choice of Plain or Spicy Italian seasoned green beans Bodacious broccoli salad Fresh fruit / light fruit cup Low fat or fat free milk	26) Vegetarian Chili w. Breadstick or Corn Dog w. French Fries Sliced carrot coins Black bean & corn salsa Fresh fruit / light fruit cup Low fat or fat free milk	27) Mini Meatloaf Served with a honey biscuit Mashed potatoes Sweet cut corn Homemade beans & greens soup Low fat or fat free milk	28) Homemade Cheese Pizza Served on a white wheat crust Roasted cauliflower florets Steamed broccoli florets 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 \$.00 daily - Breakfast \$.00 daily

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

All meals meet the Whole Grain requirements

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

Menu subject to change

DAILY ALTERNATIVE ENTREE CHOICES

- * **Made-to-order wraps**
- * **Fresh made salads with choice of topping, Breadstick & Dressing**
- * **Fresh made sandwiches, subs & wraps "grab & go"**