

Columbia High School

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



mySchoolBucks.com

Monday

Tuesday

Wednesday

Thursday

Friday



<p>2) Land O' Lakes Mac & Cheese Topped w/ Buffalo Chicken Garden tossed salad Glazed carrots Fresh fruit / light fruit cup Low fat or fat free milk</p>	<p>3) Cheeseburger or Hamburger or Veggie Burger Served on a wheat bun Bush's baked beans Fresh fruit / light fruit cup Low fat or fat free milk</p>	<p>4) Cheesy Baked Ziti Sweet corn niblets Creamy cucumber salad Campbell's Minestrone soup Fresh fruit / light fruit cup Low fat or fat free milk</p>	<p>5) Tyson Grilled Chicken Breast Herb stuffing w/ gravy Mrs. Dash seasoned green beans Fresh Tomato & Mozzarella salad Fresh fruit / light fruit cup Low fat or fat free milk</p>	<p>6) Homemade Cheese Pizza Served with assorted toppings Roasted squash Steamed broccoli florets Fresh fruit / light fruit cup Low fat or fat free milk</p>
<p>9) Tyson Chicken Patty Sandwich Choice of Plain or Spicy Patty Marinated chickpea salad Southwestern corn kernels Fresh fruit / light fruit cup Low fat or fat free milk</p>	<p>10) Mozzarella Cheese Sticks Served w/ warmed marinara sauce Italian style green beams Assorted tossed salads Campbell's Bean w/ bacon soup Low fat or fat free milk</p>	<p>11) Taco Salad Served w/ tortilla chips Lettuce, tomato, cheddar, salsa Cheesy refried beans Fresh fruit / light fruit cup Low fat or fat free milk</p>	<p>12) Potato Crusted Fish Sandwich Served on a warmed wheat bun Baked sweet potato fries New England Clam Chowder Fresh fruit / light fruit cup Low fat or fat free milk</p>	<p>13) Tony's Stuffed Crust Pizza Steamed mixed vegetable medley Sliced carrot coins Homemade chicken noodle soup Fresh fruit / light fruit cup Low fat or fat free milk</p>
<p>16) Toasted Cheese Sandwich Served on wheat bread Campbell's Creamy Tomato soup Steamed broccoli florets Fresh fruit / light fruit cup Low fat or fat free milk</p>	<p>17) Traditional-Style Meatloaf Served w/ a honey biscuit Mashed potatoes Sweet cut corn Chef's choice soup Low fat or fat free milk</p>	<p>18) Hot Dog or Corn Dog Seasoned french fries Bush's baked beans Bodacious broccoli florets Fresh fruit / light fruit cup Low fat or fat free milk</p>	<p>19) Tyson Chicken Nuggets Herb rice pilaf Sweet carrots & peas Fresh tossed salad Fresh fruit / light fruit cup Low fat or fat free milk</p>	<p>20) K-12 NO SCHOOL FULL DAY PROFESSIONAL DEVELOPMENT</p>
<p>23) Cheesy Garlic Dunkers (3) Served w/ warmed marinara sauce Roasted squash Fresh garden tossed salads Fresh fruit / light fruit cup Low fat or fat free milk</p>	<p>24) BBQ Rib Sandwich Waffle cut french fries Bush's baked beans Confetti corn salad Fresh fruit / light fruit cup Low fat or fat free milk</p>	<p>25) Buffalo Cheese Crunchers Carrot & celery sticks w/ 1oz ranch Seasoned green beans Campbell's Minestrone soup Fresh fruit / light fruit cup Low fat or fat free milk</p>	<p>26) Diced Chicken Nachos Served w/ tortilla chips Lettuce, tomato, cheddar, salsa Black beans w/ red peppers Fresh fruit / light fruit cup Low fat or fat free milk</p>	<p>27) Tony's French Bread Pizza Steamed broccoli florets Sliced carrot coins Chef's choice soup Fresh fruit / light fruit cup Low fat or fat free milk</p>
<p>30) Marinated Meatball Sub Served on a wheat hoagie Marinated four bean salad Pizza green beans Fresh fruit / light fruit cup Low fat or fat free milk</p>	<p>31) Orange Glazed Popcorn Chicken Vegetable rice pilaf Sweet cut corn Seasoned sweet peas Fresh fruit / light fruit cup Low fat or fat free milk</p>	<p>EVERYONE CAN HAVE BREAKFAST French Toast Sticks w. Syrup Assorted Egg & cheese Sandwiches English Muffins / Bagels Milk/Fruit/Juice</p>		<p><u>DAILY ALTERNATIVE ENTREE CHOICES</u></p> <p>* Made-to-order wraps</p> <p>* Fresh made salad with choice of topping, Breadstick & Dressing</p>

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER..

All meals meet the Whole Grain requirements

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

Menu subject to change

Breakfast price \$2.25 daily

Lunch price \$3.25 daily

Reduced price meals: Lunch \$.00 daily - Breakfast \$.00 daily

