







Columbia High School Lunch Menu

Grades 9-12
MySchoolBucks.com



November 2020

<u>Monday</u> A Students	<u>Tuesday</u> B Students	<u>Wednesday</u> Remote Learning	<u>Thursday</u> A Students	<u>Friday</u> B Students
2) Macaroni & Cheese Seasoned green beans Creamy tomato soup Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	3) K-12 Half Day Professional Development	4) PB & Jelly Sandwich Whole grain sun chips Delicious chickpea salad Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	5) Breakfast for Lunch French toast sticks w. syrup Sausage links Cinnamon apples Low Fat or Fat Free Milk	6) Breakfast for Lunch French toast sticks w. syrup Sausage links Cinnamon apples Low Fat or Fat Free Milk
9) Delicious Hot Dog Served on a wheat bun Bush's baked beans Pickle Chips Low Fat or Fat Free Milk	10) Cheeseburger Served on a wheat bun Seasoned carrot coins Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	11) Veterans Day No School 	12) Homestyle Meatloaf Served with honey biscuit Garlic mashed potatoes Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	13) Cheesy Homemade Pizza Campbell's Minestrone soup Roasted garlic cauliflower Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk
16) BBQ Rib Sandwich Served on a wheat bun Seasoned french fries Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	17) Garlic Cheese Dunkers Served with marinara sauce Bodacious broccoli salad Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	18) Turkey & cheese sandwich Whole grain sun chips Good for you veggie bag Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	19) Taco Salad Served with tortilla chips Lettuce, cheese & salsa Black bean & corn salad Low Fat or Fat Free Milk	20) Taco Salad Served with tortilla chips Lettuce, cheese & salsa Black bean & corn salad Low Fat or Fat Free Milk
23) Spicy Chicken Fajita Tortilla, peppers & onion, cheese Confetti corn salad Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	24) Breaded Mozzarella Sticks Served with marinara sauce Campbell's bean w. bacon soup Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	25) No School Thanksgiving Recess 	26) No School Thanksgiving Recess	27) No School Thanksgiving Recess 
30) Baked Ziti w/ meat sauce Served w/ garlic breadstick Sweet carrots coins Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<p><u>Ala Carte Prices</u> Assorted Yogurt - \$1.25 Ice Cream / Chips - \$1.00 Cookie - \$.60 Fruit / Veggie Cup - \$.80 Milk / Juice Cup - \$.60 Bottled Water - \$1.00</p> 			

Breakfast and Lunch Prices

At this time meals are free sponsored by the USDA
 Breakfast Price - \$2.25 daily
 Lunch Price - \$3.25 daily
 Reduced Price Breakfast - Free
 Reduced Price Lunch - Free

Daily Alternative Lunch

Fresh salad with choice of topping, breadstick and dressing
 OR
 M-Tuna Salad Sandwich
 T-Turkey with Lettuce Sandwich
 W-Bologna & Cheese Sandwich
 Th-PB&J Uncrustable
 F-Ham & Cheese Sandwich



Daily Breakfast Menu

All meals include fresh fruit, 100% juice, low fat or fat free milk.
 Breakfast Sandwiches
 Whole Grain Muffin
 English Muffin
 French Toast Sticks
 Cereal Bowls (assorted varieties)
 Yogurt

All meals meet the Whole Grain requirements

Menu Subject to Change