



Columbia High School Lunch Menu

September 2021

Grades 9-12
MySchoolBucks.com



Monday




Tuesday

Wednesday

Thursday

Friday

		1) Superintendent's Conference Day No School	2) Professional Development No School	3) No School
6) Labor Day No School	7) Superintendent's Conference Day No School	8) Professional Development No School	9) Cheeseburger or Hamburger Served on a wheat bun Crispy french fries Zesty pickle chips Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	10) Homemade Cheesy Pizza Served on whole grain crust Sliced carrot coins Steamed broccoli florets Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk
13) BBQ Pulled Pork Sandwich Served on a wheat bun Homemade coleslaw Seasoned green beans Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	14) Yummy Corn Dog Campbell's Minestrone soup Sweet carrot coins Fresh tossed salad Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	15) Crispy Chicken Nuggets Served with choice of sauce Vegetable rice pilaf Sweet corn niblets Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	16) No School	17) Breaded Mozzarella Sticks Served with marinara sauce Steamed broccoli florets Marinated chickpea salad Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk
20) Hot Meatball Sub Served on a wheat bun Creamy cucumber salad Delicious cut green beans Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	21) Tasty Hot Dog Served on a wheat bun Sweet potato fries Black bean & corn salsa Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	22) Macaroni & Cheese Campbell's Tomato soup Bodacious broccoli salad Seasoned sweet peas Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	23) Turkey & Gravy Served with a warmed biscuit Mashed potatoes Sweet corn kernels Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	24) French Bread Pizza Cheese or Pepperoni Savory cut carrots Fresh mixed vegetable bag Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk
27) Garlic Cheese Dunkers Served with marinara sauce Fresh garden salad Roasted cauliflower Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	28) Popcorn Chicken Herbed rice pilaf Sliced carrot coins Confetti corn salad Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	29) Taco Salad Served with Tortilla Chips Lettuce, Cheese, Salsa Cheesy refried beans Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	30) Toasted Cheese Sandwich Campbell's Tomato Soup Marinated three bean salad Pizza green beans Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	

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

Menu Subject to Change

This institution is an equal opportunity provider and employer

www.egcsd.org/food-services

Ala Carte Prices

Assorted Yogurt - \$1.25
Ice Cream / Chips - \$1.00
Cookie - \$.60
Fruit / Veggie Cup - \$.80
Milk / Juice Cup - \$.60
Bottled Water - \$1.00

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

All meals meet the Whole Grain requirements

Daily Breakfast Menu

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