



Columbia High School Lunch Menu

January 2022



Grades 9-12
MySchoolBucks.com

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
3) Pizza Crunchers Served with marinara sauce Steamed broccoli florets Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	4) Orange Glazed Chicken Vegetable fried rice Sweet corn kernels Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	5) BBQ Pulled Pork Sandwich Served on a wheat bun Seasoned green beans Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	6) Personal Pan Pizza With whole grain crust Four bean salad Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	7) Turkey & Gravy Or Carnival corn dog Seasoned carrots Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk
10) Garlic Cheese Dunkers Served with marinara sauce Bush's baked beans Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	11) Philly Cheesesteak Served on a wheat hoagie Sauteed peppers & onions Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	12) Macaroni & Cheese Campbell's Minestrone soup Steamed sweet peas Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	13) Popcorn Chicken Served on a warm waffle Sweet cut carrots Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	14) Cheesy Stuffed Crust Pizza Fresh garden salad Steamed broccoli florets Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk
17) No School Martin Luther King Jr. Day	18) "Fish & Chips" Potato crusted fish filet Seasoned french fries Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	19) Mozzarella Sticks Served with marinara sauce Bodacious broccoli salad Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	20) Cheeseburger or Hamburger Served on a wheat bun Oven baked beans Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	21) Homemade Cheese Pizza Cheese or Pepperoni Sweet carrot coins Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk
24) Hot Meatball Sub Served on a wheat bun Four bean salad Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	25) Toasted Cheese Sandwich Campbell's Tomato soup Roasted Cauliflower Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	26) Spicy Chicken Fajita Served on a wheat wrap Peppers, onions, cheddar Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	27) Tasty Hot Dog Served on a wheat bun Crispy tater tots Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	28) Tony's French Bread Pizza Cheese or pepperoni Steamed broccoli florets Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk
31) Crispy Chicken Nuggets Vegetable herbed rice Sweet corn kernels 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 Muffin
 English Muffin
 French Toast Sticks
 Cereal Bowls (assorted varieties)
 Yogurt