



# Columbia High School Lunch Menu

## March 2022

Grades 9-12  
MySchoolBucks.com



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

A		1) <b>Crispy Chicken Sandwich</b> Served on a wheat bun Marinated four bean salad Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	2) <b>Garlic Cheese Dunkers</b> Served with marinara sauce Fresh garden salad Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	3) <b>Crispy Fish Filet w. Cheese</b> Served on a wheat bun Sweet potato fries Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	4) <b>Homemade Cheese Pizza</b> Mixed vegetable medley Homemade Vegetable soup Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk
B	7) <b>Macaroni &amp; Cheese</b> Sun Chips & pickles Steamed broccoli florets Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	8) <b>Breaded Popcorn Chicken</b> Savory Rice pilaf Sweet sliced carrots Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	9) <b>Taco Salad</b> Served with Tortilla chips Lettuce, cheddar & salsa Cheesy refried beans Low Fat or Fat Free Milk	10) <b>Philly Cheese Steak</b> Sauteed peppers & onions Homemade Minestrone soup Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	11) <b>Personal Pan Pizza</b> Choice of Cheese or Pepperoni Seasoned corn w/ red pepper Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk
A	14) <b>Mozzarella Sticks w. Marinara</b> Mrs. Dash's green beans Roasted garlic Cauliflower Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	15) <b>Chicken Nuggets</b> Served with warm soft pretzel Confetti corn salad Black bean & corn Salsa Low Fat or Fat Free Milk	16) <b>BBQ Rib Patty</b> Served on a wheat bun Sliced carrot coins Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	17) <b>Shepard's Pie</b> (Veggies, beef, & mashed potatoes) Served with a garlic breadstick Homemade Vegetable soup Low Fat or Fat Free Milk	18) <b>Homemade Cheese Pizza</b> Assorted toppings Bodacious broccoli salad Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk
B	21) <b>Cheeseburger or Hamburger</b> Served on a pretzel bun Zesty french fries Campbell's Bean w. bacon soup Low Fat or Fat Free Milk	22) <b>Delicious Hot Dog</b> Served with meat sauce Steamed broccoli florets Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	23) <b>Diced Chicken Nachos</b> Served with Tortilla chips Lettuce, cheddar & salsa Black bean & corn salad Low Fat or Fat Free Milk	24) <b>Pizza Crunchers</b> Served with marinara sauce Creamy cucumber salad Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	25) <b>K-12 HALF DAY PROFESSIONAL DEVELOPMENT</b>
A	28) <b>Penne Pasta w/ Meatballs</b> Served with a garlic breadstick Fresh garden salad Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	29) <b>BBQ Pulled Pork Sandwich</b> Oven baked beans Crispy hash brown Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	30) <b>Turkey &amp; Gravy</b> Served with honey biscuit Garlic mashed potatoes Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	31) <b>Chicken Patty Parmesan</b> Served on a wheat bun Tomato & mozzarella salad 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](http://www.egcsd.org/food-services)

### Ala Carte Prices

Assorted Yogurt - \$1.50  
 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