






Columbia High School Lunch Menu

May 2022



Grades 9-12
MySchoolBucks.com

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
2) Crispy Chicken Sandwich Served on a wheat bun Sweet glazed carrot coins Campbell's Bean w. bacon soup Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	3) Pizza Crunchers Served with marinara Confetti corn salad Mrs. Dash green beans Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	4) Sloppy Joe Sandwich Served on a wheat bun Marinated four bean salad Seasoned hash brown patty Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	5) Macaroni & Cheese Sun Chips Fresh garden salad Seasoned peas & carrots Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	6) Cheesy Stuffed Crust Pizza Cheese or Pepperoni Steamed broccoli florets Celery sticks w. ranch Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk
9) Breaded Mozzarella Sticks Served with marinara sauce Marinated chickpea salad Sweet peas Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	10) Popcorn chicken bowl Creamy garlic mashed Sunny sweet corn Seasoned steamed broccoli Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	11) Toasted Cheese Sandwich Served on wheat bread Campbell's Tomato soup Bush's baked beans Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	12) Orange Glazed Chicken Vegetable fried rice Creamy cucumber salad Carrot coins Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	13) Homemade Pizza Cheese or Buffalo Chicken Roasted garlic cauliflower Marinated tomato & mozz salad Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk
16) Delicious Hot Dog Choice of Meat or Cheese sauce Crispy curly fries Marinated four bean salad Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	17) Buffalo Chicken Dip Served with Tortilla chips Celery & Carrot Sticks w. Ranch Seasoned black beans Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	18) Baked Ziti w. meat sauce Campbell's Minestrone soup Fresh garden salad Bodacious broccoli salad Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	19) Crispy Fish Sandwich Served on a warm bun Seasoned sweet fries Homemade coleslaw Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	20) Tony's French Bread Pizza Cheese or Pepperoni Homemade beans & green soup Sliced carrot coins Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk
23) Hot Meatball Hoagie Served on a wheat bun Assorted tossed salad Candied yams Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	24) Marinated grilled chicken Marinated overnight tender and juicy Fresh macaroni salad California mixed vegetables Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	25) Meat Lovers Pizza Bake Served with a garlic breadstick Steamed broccoli florets Homemade vegetable soup Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	26) Golden Chicken Nuggets Vegetable quinoa salad Seasoned corn & red pepper Italian seasoned green beans Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	27) No School
30) No School Memorial Day 	31) No School			

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 - \$1.50
 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