



Columbia High School Lunch Menu

June 2022



Grades 9-12
MySchoolBucks.com

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
		1) Breaded Pizza Crunchers Served with marinara sauce Seasoned peas & carrots Chef's choice soup Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	2) Sliced Turkey Sub Shredded lettuce & cheese Bag of chips & Pickles Mrs. Dash green beans Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	3) Personal Pan or French Bread Choice of cheese or pepperoni Carrot & Celery sticks w. ranch Marinated four bean salad Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk
6) Popcorn Chicken & Waffle Served with syrup Seasoned corn niblets Bush's baked beans Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	7) Meatballs & Penne Pasta Choice of alfredo or marinara Savory carrot coins Steamed broccoli florets Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	8) Taco Salad Served with Tortilla Chips Lettuce, Cheese, Salsa Black bean & Corn salsa Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	9) BBQ Rib Patty Sandwich Sweet cornbread Creamy Cucumber salad Seasoned french fries Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	10) Cheesy Stuffed Crust Pizza Served with assorted toppings Vegetable Quinoa salad Sweet green peas Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk
13) Cheese Dunkers w. Marinara or Mozzarella Sticks Steamed broccoli florets Marinated chickpea salad Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	14) Crispy Chicken Nuggets Whole grain goodness Herbed stuffing & gravy Corn kernels w. red pepper Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	15) REGENTS CHEF CHOICE	16) REGENTS CHEF CHOICE	17) REGENTS CHEF CHOICE
20) JUNETEENTH NO SCHOOL	21) REGENTS CHEF CHOICE	22) REGENTS CHEF CHOICE	23) NO SCHOOL	24) NO SCHOOL
27) Superintendent's Conference Day NO SCHOOL	28) NO SCHOOL	29) NO SCHOOL	30) 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