



Grades 9-12: \$3.25, Milk: \$.60

# SEPTEMBER 2022

Columbia High School

Daily Alternates:

Fresh Salad with Choice of Topping, Breadstick & Dressing

Assorted Sandwiches Daily

Served with Daily Vegetable, Fruit, & Milk

Monday

Tuesday

Wednesday

Thursday

Friday

Labor Day  
No School

5

**Crispy Chicken Patty**  
on a Whole Grain Bun  
BBQ Baked Beans  
Seasoned Green Peas  
Fresh Fruit/Fruit Cup  
Low Fat or Fat Free Milk

6

**Pizza Crunchers**  
*Served with Marinara Sauce*  
Steamed Broccoli Florets  
Sweet Carrot Coins  
Fresh Fruit/Fruit Cup  
Low Fat or Fat Free Milk

7

**Buffalo Chicken Dip**  
with Tortilla Chips  
Celery Sticks with Ranch  
Roasted Garlic Cauliflower  
Fresh Fruit/Fruit Cup  
Low Fat or Fat Free Milk

8

**Stuffed Crust Pizza**  
*Cheese or Buffalo Chicken*  
Creamy Cucumber Salad  
Chef's Choice Soup  
Fresh Fruit/Fruit Cup  
Low Fat or Fat Free Milk

9

**Hot Meatball Sub**  
*Topped with Mozzarella*  
Steamed Green Beans  
Sliced Carrot Wheels  
Fresh Fruit/Fruit Cup  
Low Fat or Fat Free Milk

12

**Macaroni & Cheese**  
*With Sunchips*  
California Mixed Vegetables  
Marinated Four Bean Salad  
Fresh Fruit/Fruit Cup  
Low Fat or Fat Free Milk

13

**Popcorn Chicken**  
Herbed Vegetable Rice  
Sweet Corn Kernels  
Fresh Fruit/Fruit Cup  
Low Fat or Fat Free Milk

14

**Hamburger/Cheeseburger**  
on a Whole Grain Bun  
Seasoned Tater Tots  
Tomato Mozzarella Salad  
Fresh Fruit/Fruit Cup  
Low Fat or Fat Free Milk

15

**Homemade Pizza**  
*Cheese or Pepperoni*  
Garden Salad  
Fresh Fruit/Fruit Cup  
Low Fat or Fat Free Milk

16

**Crispy Mozzarella Sticks**  
*Served with Marinara Sauce*  
Steamed Broccoli Florets  
Campbell's Minestrone Soup  
Fresh Fruit/Fruit Cup  
Low Fat or Fat Free Milk

19

**Breaded Chicken Nuggets**  
Vegetable Macaroni Salad  
Sliced Carrot Coins  
Garden Salad  
Fresh Fruit/Fruit Cup  
Low Fat or Fat Free Milk

20

**Taco Salad**  
served on Tortilla Chips  
Lettuce, Cheese, & Salsa  
Cheesy Refried Beans  
Fresh Fruit/Fruit Cup  
Low Fat or Fat Free Milk

21

**Hot Dog with Meat Sauce**  
on a Whole Grain Bun  
Seasoned French Fries  
Dill Pickle Chips  
Fresh Fruit/Fruit Cup  
Low Fat or Fat Free Milk

22

**Personal Pan Pizza**  
*Cheese or Pepperoni*  
Seasoned Green Beans  
Marinated Chickpea Salad  
Fresh Fruit/Fruit Cup  
Low Fat or Fat Free Milk

23

K-12 1/2 Day  
No Lunch Served

26

**Sloppy Joe Sandwich**  
on a Whole Grain Bun  
Zesty Curly Fries  
Sweet Corn & Red Peppers  
Fresh Fruit/Fruit Cup  
Low Fat or Fat Free Milk

27

**Toasted Cheese Sandwich**  
Campbell's Tomato Soup  
Sweet Green Peas  
Fresh Garden Salad  
Fresh Fruit/Fruit Cup  
Low Fat or Fat Free Milk

28

**Spicy Chicken Fajita**  
on a Whole Wheat Wrap  
Peppers, Onions, & Cheese  
Spanish Rice & Black Bean Salad  
Fresh Fruit/Fruit Cup  
Low Fat or Fat Free Milk

29

**Homemade Cheese Pizza**  
Steamed Broccoli Florets  
Sliced Carrot Coins  
Fresh Fruit/Fruit Cup  
Low Fat or Fat Free Milk

30

This institution is an equal opportunity provider and employer.  
Menu is subject to change without notice.

