

LUNCH

Grades 9-12: \$3.50, Milk \$.60

OCTOBER 2022

Columbia High School

Monday	Tuesday	Wednesday	Thursday	Friday
Breaded Pizza Crunchers 3 Served with Marinara Sauce Steamed Broccoli Florets Campbell's Minestrone Soup Fresh Fruit or Fruit Cup Low Fat or Fat Free Milk	Crispy Chicken Patty Melt 4 on a Whole Wheat Bun California Mixed Vegetables BBQ Baked Beans Fresh Fruit or Fruit Cup Low Fat or Fat Free Milk	No School 5	Cheeseburger or Hamburger 6 on a Whole Wheat Bun Seasoned French Fries Fresh Fruit or Fruit Cup Low Fat or Fat Free Milk	French Bread Pizza 7 Seasoned Green Beans Fresh Fruit or Fruit Cup Low Fat or Fat Free Milk
Columbus Day 10 No School National School Lunch Week! October 10-14	Chicken Nuggets 11 served with a Soft Pretzel Golden Corn Fresh Fruit or Fruit Cup Low Fat or Fat Free Milk	Taco Salad served with 12 Tortilla Chips Lettuce, Cheese & Salsa Cheesy Refried Beans Fresh Fruit or Fruit Cup Low Fat or Fat Free Milk	Toasted Cheese Sandwich 13 Campbell's Tomato Soup Broccoli Salad Fresh Fruit or Fruit Cup Low Fat or Fat Free Milk	Stuffed Crust Pizza 14 Cheese or Pepperoni Baby Carrots Fresh Fruit or Fruit Cup Low Fat or Fat Free Milk
Bosco Sticks served with 17 Marinara Sauce Steamed Broccoli Fresh Fruit or Fruit Cup Low Fat or Fat Free Milk	Hot Dog on a 18 Whole Wheat Bun Homemade Coleslaw Crispy Tater Tots Fresh Fruit or Fruit Cup Low Fat or Fat Free Milk	Pasta with Meatballs 19 Fresh Garden Salad Seasoned Green Beans Fresh Fruit or Fruit Cup Low Fat or Fat Free Milk	Buffalo Chicken Dip 20 Served with Tortilla Chips Celery and Carrot Sticks with Ranch Dressing Fresh Fruit or Fruit Cup Low Fat or Fat Free Milk	Homemade Pizza 21 Cheese or Buffalo Marinated Chickpea Salad Fresh Fruit or Fruit Cup Low Fat or Fat Free Milk
Crispy Fish Sandwich on a 24 Whole Wheat Bun Homemade Cole Slaw Seasoned Carrot Coins Fresh Fruit or Fruit Cup Low Fat or Fat Free Milk	Spicy Chicken Fajita 25 Served on a Wheat Wrap Cheese, Peppers & Onions Confetti Corn Salad Fresh Fruit or Fruit Cup Low Fat or Fat Free Milk	Breaded Mozzarella Sticks 26 Served with Marinara Sauce Seasoned Broccoli Florets Fresh Fruit or Fruit Cup Low Fat or Fat Free Milk	Sloppy Joe Sandwich 27 Served on a Whole Wheat Bun Seasoned French Fries BBQ Baked Beans Fresh Fruit or Fruit Cup Low Fat or Fat Free Milk	French Bread Pizza 28 Cheese or Pepperoni Fresh Garden Salad Steamed Green Beans Fresh Fruit or Fruit Cup Low Fat or Fat Free Milk
Macaroni & Cheese 31 Whole Wheat Dinner Roll Seasoned Broccoli Florets Fresh Fruit or Fruit Cup Low Fat or Fat Free Milk	 			

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