

# Columbia High School Menu

November, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				<sup>1</sup> Sunrise Breakfast Bowl W/ Toast/ Sausage Egg and Cheese Biscuit  Ham & Cheese Sub, or Macaroni & Cheese, corn, Baked Beans, and Fruit
<sup>4</sup> OFF: NO STUDENTS	<sup>5</sup> Double Chocolate Chip Muffin/ Sausage Egg and Cheese Biscuit  Twisted Lasagna or Corn dog, California Blend, Grape Tomatoes and Cucumber W/Dip, Fruit	<sup>6</sup> Pancake on a Stick/ Sausage Egg and Cheese Biscuit  Cheesy Chicken Tortilla Soup or Beef Dippers W/Roll, Baked Potatoes, Salad, Fruit	<sup>7</sup> Sausage Biscuit/ Sausage Egg and Cheese Biscuit  Chicken Nuggets or Country Fried Beef Steak, Mashed Potatoes, Green Peas, Fruit Parfait	<sup>8</sup> OFF: Teacher Conference
<sup>11</sup> Sunrise Breakfast Bowl W/Toast/ Sausage Egg and Cheese Biscuit  Chicken & Noodles, toasted cheese sandwich or Salisbury Steak W/Roll, Broccoli, Sweet Potato Fries, Fruit	<sup>12</sup> French Toast and Sausage Link/ Sausage Egg and Cheese Biscuit  Frito Casserole or Chicken Snack Wrap, Tater Tots, Baby Carrots W/Dip, Fruit	<sup>13</sup> Mini Chocolate Donuts/ Sausage Egg and Cheese Biscuit  Breaded Cheese Sticks or BBQ pork sandwich, Thunder Fries, Cherry Tomatoes and Cucumber W/Dip, Fruit	<sup>14</sup> Sausage Biscuit/ Sausage Egg and Cheese Biscuit  Italian Meatballs Sub Sandwich or Hamburger, Cheeseburger, Green Beans, Grazed Carrots, Fruit	<sup>15</sup> Ham, Egg and Cheese Biscuit/ Sausage Egg and Cheese Biscuit  Queso Nachos or Chicken fajita Nachos Refried Beans, Corn, Fruit
<sup>18</sup> Sunrise Breakfast Bowl W/Toast/ Sausage Egg and Cheese Biscuit  Popcorn Chicken Raider Bowl, or Hotdog on a Bun, Broccoli W/ Grape Tomatoes, Pinto Beans, Fruit	<sup>19</sup> Maple Pancakes/ Sausage Egg and Cheese Biscuit  Turkey Bacon Melt or Beefy Mac, Baby Carrots, W/Dip Tater Tots, Fruit	<sup>20</sup> Chicken Biscuit/ Sausage Egg and Cheese Biscuit  Chicken and Belgian Waffle or Mexican Pizza, Green Beans, Ranch Potato, Fruit	<sup>21</sup> County Scrambler/ Sausage Egg and Cheese Biscuit  Sliced Turkey, Ham and Dressing /Roll, Mashed Potato, Gravy and green Beans, Fruit Salad, Cranberry sauce and Cake	<sup>22</sup> Sausage, Egg and Cheese Biscuit  Parmesan Chicken W/ Roll or Philly Cheese Steak, Ranch Potato, Green Peas, Fruit
<sup>25</sup> Sausage Biscuit / Sausage Egg and Cheese Biscuit  Popcorn Chicken W/ Roll, Hamburger or, Cheeseburger, Thunder Fries, Broccoli W/ Dip, Fruit	<sup>26</sup> Chicken Biscuit/ Sausage Egg and Cheese Biscuit  Beef Dippers and Breaded Chicken Sandwich, Cheesy Mash Potatoes, Salad, Fruit	<sup>27</sup> OFF: HAPPY THANKSGIVING	<sup>28</sup> OFF: HAPPY THANKSGIVING	<sup>29</sup> OFF: HAPPY THANKSGIVING

Breakfast - Cereal available every day instead of menu item.  
Breakfast served with choice of fruit or fruit juice and choice of milk.

Breakfast- Sausage Egg and cheese Biscuit available every day.

Milk choices - 1% white, fat-free chocolate, fat-free strawberry.

Grab and Go salad every day for lunch.

Pepperoni and Cheese Pizza offered every day at lunch.



Meal Pricing:

Breakfast \$1.50

Lunch \$3.50

Milk only \$.50

Reduced-Price Breakfast \$.30

Reduced-Price Lunch \$.04

This institution is an equal opportunity provider