

Monday	Carbs	Tuesday	Carbs	Wednesday	Carbs	Thursday	Carbs	Friday	Carbs
3		4		5		6		7	
Nacho Bites	32	Hot Dog / WG Bun	1/26	Cheeseburger	29	Green Chile Quesadilla	32	INSTITUTE DAY NO SCHOOL	PREMIUM OPTION An alternate premium entrée featuring a larger portion and an extra side for \$3.00. October 5 Meatloaf (6) Bread Sticks (13) Mashed Potatoes (17) Gravy (4) Sweet Corn (17) Apple Slices (8) Juice (15) Milk (15) October 12 Baked Chicken (0) Bread Sticks (13) Mashed Potatoes (17) Gravy (4) Sweet Corn (17) Apple Slices (8) Juice (15) Milk (15) October 19 Italian Beef (0) WG Bun (27) Mashed Potatoes (17) Gravy (4) Sweet Corn (17) Apple Slices (8) Juice (15) Milk (15) October 26 Grilled Chicken (1) WG Bun (27) Mashed Potatoes (17) Gravy (4) Sweet Corn (17) Apple Slices (8) Juice (15) Milk (15)
Salsa	8	Potato Wedges	22	WG Bun	26	Broccoli	2		
Fresh Spinach Salad	10	Cucumber Slices	0	Sweet Corn	23	Refried Beans	20		
Craisins Strawberry	36	Ranch Dressing	1	French Fries	13	Orange Wedges	21		
Milk (assorted)	15	Fruit Slushie	20	Diced Peaches	15	Milk (assorted)	15		
		Milk (assorted)	15	Milk (assorted)	15				
10		11		12		13			
COLUMBUS NO SCHOOL		Shrimp Poppers	44	Popcorn Chicken	16	Corn Dog Nuggets	22		
		Edamame	9	Dinner Roll	20	Fresh Spinach Salad	5		
		Sweet Potato Fries	16	Smiley Potatoes	24	Seasoned Potato Wedges	18		
		Craisins Strawberry	36	Sweet Corn	17	Golden Delicious Apple	22		
		100% Juice Cup	15	Diced Peaches	13	Milk (assorted)	15		
	Milk (assorted)	15	Milk (assorted)	15					
17		18		19		20			
Teriyaki Chicken	10	Corn Dog	33	Chicken Patty	16	French Toast Sticks / Syrup	26/30		
Rice	81	Romaine Salad	3	WG Bun	27	Sausage Links	0		
Stir Fry Veggies	6	Ranch Dressing	1	Mashed Potatoes	15	English Muffin	12		
Baby Carrots	8	Celery Sticks	2	Baby Carrots	8	Tater Rounds	19		
Chilled Pears	14	Mandarin Oranges	17	Raisels	26	Wango Mango Juice	13		
Milk (assorted)	15	Milk (assorted)	15	Milk (assorted)	15	Milk (assorted)	21		
24		25		26		27			
Corn Dog Nuggets	22	Pancakes	45/30	Popcorn Chicken	16	Pizza Bites	29		
Fresh Spinach Salad	10	Sausage Patty	2	Dinner Roll	20	Red Dipping Sauce	12		
Cherry Tomatoes	2	Baby Carrots	8	BBQ Sauce	9	Mashed Potatoes	17		
Red Apple	22	Tater Rounds	19	Sweet Potato Fries	19	Mixed Fruit	17		
Milk (assorted)	15	Orange Wedges	21	Refried Beans	20	Milk (assorted)	15		
		100% Juice Cup	15	Chilled Pears	14				
		Milk (assorted)	15	Milk (assorted)	15				
31 **Halloween Treat**									
Corn Dog Nuggets	22								
Fresh Spinach	10								
Cherry Tomatoes	2								
Red Apple	22								
Milk (assorted)	15								

Prices

 Lunch: \$2.75
 Milk: \$0.40

Menu subject to change.

 Advance notice will be given when possible.
 When viewing menu online click any individual item to view full nutritional information.

Disclaimer About Carbs

The carbohydrate information provided is to the best of our knowledge by information received from the product manufacturer. Please note that food product substitutions made due to food shortages may alter the carbohydrate information indicated on the menu.

Alternate Options

 Pasta Bar
 Sandwich Bar
 Pizza Selection
 Chicken Selection

