

May / June 2023



Central Columbia ELEMENTARY LUNCH MENU

What is a Meal?
You must choose at least 3 of the 5 components available for the school lunch price.
Minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch
Meal or meal alternate
Choice of Vegetable
Choice of Fruit
Grain/Bread
Choice of Milk - 1% white, and fat-free chocolate

Weekly Vegetable Subgroups May Include:
Dark green - spinach, broccoli, romaine and spring salad
Red/Orange - carrots, sweet potatoes, tomatoes, red peppers
Beans/Peas
Starchy - white potatoes, corn, and lima beans
Other Vegetables: celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage

Featured Fruit May Include:
oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

**LEAVE YOUR LUNCHBOX AT HOME!
DAILY ALTERNATES.**

Yogurt w/ Cheesestick,
Goldfish & Graham Snack

Chef Salad w/ Roll

PB&J Uncrustable w/
Cheesestick and Goldfish

MENU SUBJECT TO CHANGE BASED ON PRODUCT AVAILABILITY

USDA is an equal opportunity provider and employer.



PAYMENT & MENU NUTRITION @ SCHOOLCAFE.COM

Lunch Prices
Students \$2.80
Reduced .40
Adults \$4.00

Steve Belles
General Manager
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Monday	Tuesday	Wednesday	Thursday	Pizza Friday!
1 Chicken Patty on a Bun Featured Veggies Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk	2 Walking Taco w/ Granola Bar Featured Veggies Mixed Vegetables Fresh Vegetables Choice of Fruit Choice of Milk	3 Chicken Nuggets & Pretzel Stick Featured Veggies Peas Fresh Vegetables Choice of Fruit Choice of Milk	4 Cheeseburger on a Bun Featured Veggies Oven Fries Fresh Vegetables Choice of Fruit Choice of Milk	5 Cheese Pizza Featured Veggies Corn Fresh Vegetables Choice of Fruit Choice of Milk
8 Chicken Tenders & Pretzel Stick Featured Veggies Green Beans Fresh Vegetables Choice of Fruit Choice of Milk	9 Mrs. T's Pierogies & Breadstick Featured Veggies Peas Fresh Vegetables Choice of Fruit Choice of Milk	10 Cheese Stuffed Breadsticks w/ Marinara Sauce Featured Veggies Mixed Vegetables Fresh Vegetables Choice of Fruit Choice of Milk	11 Breaded Fish Sticks & Dinner Roll Featured Veggies Smiley Fries Fresh Vegetables Choice of Fruit Choice of Milk	12 French Bread Pizza Featured Veggies Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk
15 Cheeseburger on a Bun Featured Veggies Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk	16 Popcorn Chicken w/ Goldfish Featured Veggies Mixed Vegetables Fresh Vegetables Choice of Fruit Choice of Milk	17 Mini Corn Dogs Featured Veggies Baked Beans Fresh Vegetables Choice of Fruit Choice of Milk	18 French Toast Sticks & Sausage Featured Veggies Hashbrown Patty Fresh Vegetables Choice of Fruit Choice of Milk	19 Cheese Pizza Featured Veggies Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk
22 Chicken Patty on a Bun Featured Veggies Green Beans Fresh Vegetables Choice of Fruit Choice of Milk	23 Hot Ham & Cheese on a Pretzel Bun Featured Veggies Smiley Fries Fresh Vegetables Choice of Fruit Choice of Milk	24 Chicken Nuggets & Pretzel Stick Featured Veggies Mixed Vegetables Fresh Vegetables Choice of Fruit Choice of Milk	25 Cheeseburger on a Bun Featured Veggies Peas Fresh Vegetables Choice of Fruit Choice of Milk	26 French Bread Pizza Featured Veggies Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk
29 	30 Chicken Patty on a Bun Featured Veggies Mixed Vegetables Fresh Vegetables Choice of Fruit Choice of Milk	31 Cheese Stuffed Breadsticks w/ Marinara Sauce Featured Veggies Peas Fresh Vegetables Choice of Fruit Choice of Milk	1 Field Day Lunch Bag PB&J Cheesestick Goldfish Juice Baby Carrots Choice of Milk	2 Cheese Pizza Featured Veggies Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk
5 Cheeseburger on a Bun Featured Veggies Baked Chips Fresh Vegetables Choice of Fruit Choice of Milk	6 Grab & Go PB&J Lunch Bag	7 Student's Last Day Early Dismissal NO Breakfast or Lunch	8 9 SUMMER BREAK 	