

May / June 2023



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 Lunch at Home

Daily entrée options may include:
Cheese Burger on a Bun
Chicken Patty on a Bun
Cheese or Pepperoni Pizza



May include:
Assorted Salads, Wraps, &
Deli Sandwiches

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

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General Manager
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Central Columbia LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Nuggets & Pretzel Stick Featured Veggies: Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk	2 Nachos Beef or Chicken Featured Veggies: Peas Fresh Vegetables Choice of Fruit Choice of Milk	3 Ham & Cheese on a Pretzel Bun Featured Veggies: Zesty Green Beans Fresh Vegetables Choice of Fruit Choice of Milk	4 Breakfast for Lunch French Toast Sticks & Sausage Links Featured Veggies: Hashbrown Patty Fresh Vegetables Choice of Fruit Choice of Milk	5 Cheese Stuffed Breadsticks w/ Marinara Sauce Featured Veggies: Golden Corn Fresh Vegetables Choice of Fruit Choice of Milk
8 General Tso's Chicken w/ Rice & Dinner Roll Featured Veggies: Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk	9 Pierogies & Breadstick Featured Veggies: Zesty Green Beans Fresh Vegetables Choice of Fruit Choice of Milk	10 Turkey Bacon Cheddar Flatbread Featured Veggies: Mixed Vegetables Fresh Vegetables Choice of Fruit Choice of Milk	11 Chicken Tenders & Pretzel sticks Featured Veggies: Peas Fresh Vegetables Choice of Fruit Choice of Milk	12 Cheese Stuffed Breadsticks w/ Marinara Sauce Featured Veggies: Golden Corn Fresh Vegetables Choice of Fruit Choice of Milk
15 Mini Corn Dogs Featured Veggies: Baked Beans Fresh Vegetables Choice of Fruit Choice of Milk	16 Popcorn Chicken & Dinner Roll Featured Veggies: Mashed & Corn Fresh Vegetables Choice of Fruit Choice of Milk	17 Buffalo Chicken over Tots Featured Veggies: Zesty Green Beans Fresh Vegetables Choice of Fruit Choice of Milk	18 Cheese Quesadilla Featured Veggies: Mixed Vegetables Fresh Vegetables Choice of Fruit Choice of Milk	19 No school Senior exit interviews
22 Chicken Nuggets & Pretzel Stick Featured Veggies: Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk	23 Walking Taco Featured Veggies: Peas Fresh Vegetables Choice of Fruit Choice of Milk	24 Pretzel Melt Pepperoni & Mozzarella on a Pretzel Bun Featured Veggies: Mixed Vegetables Fresh Vegetables Choice of Fruit Choice of Milk	25 Breakfast for Lunch Egg, Sausage, Cheese Croissant Featured Veggies: Hashbrown Patty Fresh Vegetables Choice of Fruit Choice of Milk	26 Cheese Stuffed Breadsticks w/ Marinara Sauce Featured Veggies: Golden Corn Fresh Vegetables Choice of Fruit Choice of Milk
29  Featured Veggies: Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk	30 Chef's Choice Featured Veggies: Fresh Vegetables Choice of Fruit Choice of Milk	31 Chef's Choice Featured Veggies: Fresh Vegetables Choice of Fruit Choice of Milk	1 Chef's Choice Featured Veggies: Fresh Vegetables Choice of Fruit Choice of Milk	2 Chef's Choice Featured Veggies: Fresh Vegetables Choice of Fruit Choice of Milk
5 Chef's Choice Featured Veggies: Fresh Vegetables Choice of Fruit Choice of Milk	6 Chef's Choice Featured Veggies: Fresh Vegetables Choice of Fruit Choice of Milk	7 Student's Last Day Early Dismissal NO Breakfast or Lunch		