

COLUMBUS HIGH SCHOOL

Fruit & Veggie Super Bar®

Included with lunch every day
8 to 10 choices of unlimited fruits and vegetables and choice of milk are included with the lunch meal everyday. *Each student is now required to have 1/2 cup of fruits or vegetables on their tray.*



Lunch Menu November 2017

My Locally Grown Foods!

Look for the Farmer's Market Logo on this month's menu for the featured locally grown.

Learn more about this month's selection on the poster in the dining area or at:
<http://server.lunchtimesolutions.com:81/farmersmarket.pdf>



My Choices: Epic Meltdowns A Monthly Featured Entree

Available on the menu day indicated, **Epic Meltdowns** are your classic grilled cheese, elevated to a new level with amped-up ingredients, flavors and tastes. Enjoy!!



My Choices: Chef Day



Chef Ali will prepare a special entrée right in front of you. Look for the Chef Demo sign in the lunch area to learn what this month's item will be.

This entrée is available for \$2.25. Fruit & Veggie bar and Milk can each be purchased separately for an additional amount. You must have money in your account or pay cash to choose this entrée.

Lunch Meal Prices & Extras

HS Lunch	\$2.80	Extra Entrée	\$1.80
Chef Entrée	\$2.25	Extra Milk	\$0.45
Adult Lunch	\$3.60	Extra Pizza	\$1.85

Comfort Foods: Entrée & Featured Hot Veggie of the Day

Mon	Tue	Wed	Thu	Fri
		1 Homestyle Chicken Ranch Pasta & Roll Green Beans Sugar Cookie	2 Chicken Nuggets and Dinner Roll Mashed Potatoes and Gravy	3 NO SCHOOL
6 Homestyle Chicken Stew over Fresh Baked Biscuit Baked Fries	7 Buffalo Chicken Pasta & Roll Baked Beans Chocolate Chip Cookie	8 Homestyle Beef Goulash & Garlic Breadstick Green Beans	9 Potato Bar Cheesy Ham Baked Potato Dinner Roll Mixed Vegetables	10 Mexi -Tots with Dinner Roll Golden Corn
13 Chicken Fajitas Refried Beans Chef Day	14 Homestyle Beef Chili & Crackers Dinner Roll Green Beans	15 Epic Meltdown Buffalo Chicken Grilled Cheese Peas Chocolate Chip Cookie	16 Roasted Turkey Slice and Roll Mashed Potatoes/Gravy Butternut Squash	17 Beef & Bean Burrito Steamed Carrots
20 Homestyle Cajun Chicken Penne Dinner Roll Green Beans	21 Chinese Tacos Steamed Carrots Pineapple Coleslaw Cinnamon Bread Stick	22 Italian Dunkers with Marinara Sauce Golden Corn Chocolate Chip Cookie	23 Thanksgiving Break NO SCHOOL	24 Thanksgiving Break NO SCHOOL
27 Ham, Egg & Cheese Biscuit Potato Triangle	28 Buffalo Ranch Chicken Wrap Peas Carnival Cookie	29 Mini Corn Dogs Green Beans Sugar Cookie	30 Cheese Quesadilla & Beef Enchilada Soup Zesty Black Beans	

Questions or Comments? Contact Bryce Bonet, Food Service Director, 402-563-7055 or b.bonet@lunchtimesolutions.com



My Choices: Hot Grill Sandwich Choices - Every Day

Cheeseburger
Hot Dog
Crispy Chicken Sandwich
Spicy Chicken Sandwich

My Choices: Fresh Pizza Every Day!!

Cheese available daily

M - Pepperoni
T - BBQ Chicken
W - Taco
Th - Sausage
F - Buffalo Chicken

My Choices: Sub Station

Fresh Baked Sub Rolls and Toppings



Select your favorite variety of sub and add your choice of toppings, including lettuce, pickles, sliced tomato, sliced red onion, peppers and cucumbers.

My Choices: Deli Style Wraps & Salads

Wrap Rotation

M - Turkey
T - Fajita Chicken
W - Ham
Th - Roasted Chicken
F - Grilled Chicken

Salad Rotation

M - Grilled Chicken
T - Chef Salad
W - Crispy Chicken
Th - Taco Salad
F - Southwest

*All salads include a grain side

Yogurt Parfait w/Granola and Goldfish Grahams Available Daily

Applications for Free and Reduced Price meals are available in the school office. Menus are subject to change without notice.

The institution is an equal opportunity employer and provider.