

COLUMBUS MIDDLE 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

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 Baked Beans Chocolate Chip Cookie | 8 Homestyle Beef Goulash & Garlic Breadstick Green Beans Sugar Cookie | 9 Potato Bar Cheesy Ham Baked Potato Dinner Roll Mixed Vegetables | 10 Mexi-Tots with Dinner Roll Golden Corn |
| 13 Chicken Fajitas Refried Beans | 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 Green Beans Chef Day | 21 Chinese Tacos Steamed Carrots Pineapple Coleslaw Cinnamon | 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 | |

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 Joe 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

| | | | |
|-------------|--------|--------------|--------|
| MS Lunch | \$2.80 | Extra Entrée | \$1.80 |
| Chef Entrée | \$2.25 | Extra Milk | \$0.45 |
| Adult Lunch | \$3.60 | Extra Pizza | \$1.85 |

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.

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



The institution is an equal opportunity employer and provider.