



## Columbus City High Schools Grades 9-12 Lunch Menu May/June 2017

	Monday 5/22	Tuesday 5/23	Wednesday 5/24	Thursday 5/25	Friday 5/26
<b>Entrée – choose 1</b>	*Chicken Patty on Bun (34g)  *Turkey Sausage Pizza (36g)  *Sloppy Joe on Bun (36g)	*Philly Steak & Cheese Sub (33g)  *Buffalo Chicken Grab Wraps (40g)  *Cook's Choice	*Ohio Day Pizza Burger on Bun (29g)  **Cheese Pizza (36g)  *Spicy Chicken Tenders (9g) & Cornbread (29g)	*Cook's Choice  *Cheesy Chicken Crunch Wrap (56g)  **Veggie Burger (40g) or Cheeseburger on Bun (27g)	*Chili Cheese Coney (31g)  ** Veggie Pizza (44g) or Cheese Pizza (36g)  *Turkey & Cheese Melt (32g)
	<b>COLD ENTREES</b>  **Vegetarian Sub (36g)  *Cobb Salad (21g) & Muffin (26-28g)	<b>COLD ENTREES</b>  *Turkey & Cheese Sub (30g)  *Chef Salad (25g) & Muffin (26-28g)	<b>COLD ENTREES</b>  *Italian Sub (30g)  *Turkey Ham & Cheese Wrap (36g)	<b>COLD ENTREES</b>  *Turkey Ham & Cheese Sub (32g)  *Broccoli Salad (38g) & Muffin (26-28g)	<b>COLD ENTREES</b>  *Regular or Spicy Chicken Wrap (43g) *Crispy Chicken Salad (29g) & Muffin (26-28g)
<b>Choose 1 or</b>	*Collard Greens (4g)	*Steamed Broccoli (3g)  **Garbanzo (20g) or black beans (22g)	*Corn (17g)  *Hot Apple Slices (20g)	*Potato of Choice (14-37g)  *California Blend – broccoli, carrots, & cauliflower (3g)	**Baked Beans (28g)

WEEK 1

	Monday 5/129	Tuesday 5/30	Wednesday 5/31	Thursday 6/1	Friday 6/2
<b>Entrée – choose 1</b>		*Salisbury Steak on Bun (34g)  *Turkey Corn Dog (27g)  **Cheese Stuffed Breadsticks with Spaghetti Sauce (58g)	*Spicy Chicken Patty on Bun (34g)  *Pepperoni Pizza (36g)  *Cook's Choice	*Cheeseburger Meatloaf on Bun (33g)  *Cook's Choice  **Toasted Cheese Sandwich (38g)	
	<b>MEMORIAL DAY – NO SCHOOL</b>	<b>COLD ENTREES</b>  *Chicken Salad Wrap (39g)  *Cobb Salad (21g) & Muffin (26-28g)	<b>COLD ENTREES</b>  *Turkey & Cheese Sub (30g)  **Yogurt Parfait (63-78g) & Muffin (26-28g)	<b>COLD ENTREES</b>  **Vegetarian Sub (36g)  *Italian Salad (15g) & Breadstick (17g)	<b>NO SCHOOL</b>
<b>Choose 1 or</b>		*Mashed Potatoes with Gravy (23g)  *Brussels Sprouts (8g)	*Corn (17g)	*Potato of Choice (14-37g)  *Steamed Broccoli (3g)	

WEEK 2



## Have an awesome summer!

A selection of fruits & vegetables (such as fresh lettuce, tomato, broccoli, and carrots), and 1% low fat white milk (13g) or fat-free chocolate milk (24g) offered for school lunch. A complete meal is free for all students under the Community Eligibility Provision. Grams of carbohydrate in each food listed in parenthesis (g). Nutrient content and ingredients are available upon request. \*\*Meatless food item is available at lunch daily. No pork, nut products or seafood offered. Menu subject to change. This institution is an equal opportunity provider. Revised 5/8/2017