



Columbus City Middle Schools Grades 6-8 Lunch Menu May/June 2017

	Monday 5/22	Tuesday 5/23	Wednesday 5/24	Thursday 5/25	Friday 5/26
Entrée – choose 1	*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 (35g) *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 (43g) or Cheese Pizza (35g) *Turkey & Cheese Melt (32g)
	COLD ENTREE **Vegetarian Sub (36g)	COLD ENTREE *Chef Salad (25g) & Muffin (26-28g)	COLD ENTREE *Italian Sub (30g)	COLD ENTREE *Broccoli Salad (38g) & Muffin (26-28g)	COLD ENTREE *Regular or Spicy Chicken Wrap (43g)
Choose 1 or more	*Collard Greens (4g)	*Steamed Broccoli (3g) **Garbanzo (20g) or black beans (22g)	*Corn (17g) *Hot Apple Slices (20g)	*Potato of Choice (14-37g) *California Mixed Vegetables – broccoli, carrots, & cauliflower (3g)	**Baked Beans (28g)

WEEK 1

	Monday 5/29	Tuesday 5/30	Wednesday 5/31	Thursday 6/1	Friday 6/2
Entrée – choose 1 <small>choose 1</small>		*Salisbury Steak on Bun (34g) *Turkey Corn Dog (27g) **Cheese Stuffed Breadsticks with Spaghetti Sauce (58g)	*Spicy Chicken Patty on Bun (34g) *Pepperoni Pizza (35g) *Cook's Choice	*Cheeseburger Meatloaf on Bun (33g) *Cook's Choice **Toasted Cheese Sandwich (38g)	
	MEMORIAL DAY – NO SCHOOL	COLD ENTREE *Chicken Salad Wrap (39g)	COLD ENTREE **Yogurt Parfait (63-78g) & Muffin (26-28g)	COLD ENTREE *Italian Salad (15g) & Breadstick (17g)	NO SCHOOL
Choose 1 or more		*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