



COLUMBUS CITY SCHOOLS **Grades 6-8 Lunch Menu**
October/November 2017

	Monday 10/30	Tuesday 10/31	Wednesday 11/1	Thursday 11/2	Friday 11/3
Entrée – choose 1	*Hamburger on Bun (25g) **Cheese & Bean Enchilada (42g) *Buffalo Chicken Pizza (36g)	* Beef Enchilada Dip with Tortilla Chips (34g) & Cornbread (29g) **Macaroni-n-Cheese (25g) & Cornbread (29g) *Chicken Patty on Bun (34g)	* Philly Steak & Cheese Sub (33g) *Pepperoni Pizza (35g) *Turkey Sausage & French Toast Sticks (58g)	*Nacho Burger on Bun (26g) *Turkey Divan (33g) & Breadstick (17g) *BBQ Chicken on Bun (34g)	*Spicy Chicken Tenders (9g) & Cornbread (29g) **Veggie Pizza (43g) or Cheese Pizza (35g) *Chili with Tortilla Chips (59g) & Cornbread (29g)
	COLD ENTREE *Cobb Salad (20g) & Muffin (26-28g)	COLD ENTREE *Pasta Salad (60g) & Cornbread (29g)	COLD ENTREE **Yogurt Parfait (63-78g) & Muffin (26-28g)	COLD ENTREE **Vegetarian Sub (40g)	COLD ENTREE *Turkey Ham & Cheese Sub (31g)
Choose 1 or more	*Collard Greens (4g) **Black beans (22g)	*Potato of Choice (14-37g) *Green Beans (5g)	*Corn (17g) *Hot Apple Slices (20g)	*Potato of Choice (14-37g) *California Mixed Vegetables – broccoli, carrots, & cauliflower (3g)	*Steamed Broccoli (2g)

WEEK 3

	Monday 11/6	Tuesday 11/7	Wednesday 11/8	Thursday 11/9	Friday 11/10
Entrée – choose 1	*Taco Salad with Tortilla Chips (24g) & Cornbread (29g) *Meatball Sub (39g) *Pepperoni Pizza (35g)		*Cheeseburger on Bun (26g) **Cheese Pizza (36g) *Chicken Fajita (39g)	**Cheese & Bean Enchilada (42g) *Buffalo Chicken Drumstick & Waffles (36g) *Spaghetti with Meat Sauce (34g) & Breadstick (17g)	*Hamburger on Bun (25g) **Veggie Pizza (43g) or Cheese Pizza (35g) *Chicken a la King over Rice (33g) & Breadstick (17g)
	COLD ENTREE **Vegetarian Salad (22g) & Cornbread (29g)	NO SCHOOL	COLD ENTREE **Yogurt Parfait (63-78g) & Muffin (26-28g)	COLD ENTREE *Turkey & Cheese Sub (29g)	COLD ENTREE *Crispy Chicken Salad (27g) & Breadstick (17g)
Choose 1 or more	*Corn (17g) **Black beans (22g)		*Steamed Cabbage (3g)	*Steamed Broccoli (2g)	*Italian Mixed Vegetables – zucchini, carrot, cauliflower, Italian green beans & lima beans (5g)

WEEK 4


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 or seafood offered. Menu subject to change. This institution is an equal opportunity provider. Revised 10/11/2017



October/November 2017

	Monday 11/13	Tuesday 11/14	Wednesday 11/15	Thursday 11/16	Friday 11/17
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) *Lasagna (34g) & Breadstick (17g)	*Turkey Steak (0g) & Dinner Roll (15g) *Pepperoni Pizza (35g) *Chili Cheese Coney (31g)	*Ohio Day 3-Way Chili (51g) *Cheesy Chicken Crunch Wrap (56g) **Veggie Burger (40g) or Cheeseburger on Bun (27g)	*Spicy Chicken Tenders (9g) & Cornbread (29g) **Veggie Pizza (43g) or Cheese Pizza (35g) *Turkey & Cheese Melt (31g)
	COLD ENTREE **Vegetarian Sub (40g)	COLD ENTREE **Vegetarian Salad (22g) & Breadstick (17g)	COLD ENTREE **Yogurt Parfait (63-78g) & Muffin (26-28g)	COLD ENTREE *Pasta Salad (60g) & Breadstick (17g)	COLD ENTREE *Regular (42g) or Spicy Chicken Wrap (44g)
Choose 1 or more	*Collard Greens (4g)	*Steamed Broccoli (2g) **Garbanzo beans (20g)	*Mashed Potatoes with Gravy (23g) *Corn (17g)	*California Mixed Vegetables – broccoli, carrots, & cauliflower (3g) *Hot Apple Slices (20g)	**Baked Beans (28g)

WEEK 1

	Monday 11/20	Tuesday 11/21	Wednesday 11/22	Thursday 11/23	Friday 11/24
Entrée – choose 1	*Chicken Drumstick & Waffle (37g) *Turkey Sausage & Pepperoni Pizza (36g) *Fiesta Nachos (36g)	*Salisbury Steak Ciabatta (39g) *Turkey Corn Dog (30g) **Cheese Stuffed Breadsticks with Spaghetti Sauce (58g)			
	COLD ENTREE **Vegetarian Salad (22g) & Muffin (26-28g)	COLD ENTREE *Chicken Salad Wrap (39g)	NO SCHOOL	THANKSGIVING –NO SCHOOL 	NO SCHOOL
Choose 1 or more	*Green Beans (5g) **Black beans (22g)	*Mashed Potatoes with Gravy (23g) *Brussels Sprouts (7g)			

WEEK 2

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 or seafood offered. Menu subject to change. This institution is an equal opportunity provider. Revised 10/11/2017



**COLUMBUS
CITY SCHOOLS**

**Grades 6-8 Lunch Menu
October/November 2017**

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 or seafood offered. Menu subject to change. This institution is an equal opportunity provider. Revised 10/11/2017