

## May 2018

	Monday 5/7	Tuesday 5/8	Wednesday 5/9	Thursday 5/10	Friday 5/11
ntrée -	*Chicken Drumstick & Waffle (37g)	*Salisbury Steak on Bun (34g)	*Spicy Chicken Patty on Bun (34g)	*Cheeseburger on Bun (26g)	*Chicken Tenders (12g) & Breadstick (17g)
choose 1	*Turkey Sausage & Pepperoni Pizza (36g)	*Turkey Corn Dog (30g)	*Pepperoni Pizza (35g)  *Taco Salad with	*Orange Chicken over Rice (77g)	**Veggie Pizza (43g) or Cheese Pizza
i ë	*Fiesta Nachos (36g)	**Cheese Stuffed Breadsticks with Spaghetti Sauce (58g)	Tortilla Chips (27g) & Cornbread (29g)	**Toasted Cheese Sandwich (32g)	(35g) *Cook's Choice
Entrée	COLD ENTREE	COLD ENTREE	COLD ENTREE	COLD ENTREE	COLD ENTREE
	**Vegetarian Salad (22g) & Muffin (26- 28g)	*BBQ Chicken Wrap (39g)	**Yogurt Parfait (63- 78g) & Muffin (26-28g)	*Italian Salad (10g) & Breadstick (17g)	*Chef Salad (25g) & Breadstick (17g)
ose 1 or more	*Green Beans (5g)  **Black beans (22g)	*Mashed Potatoes with Gravy (23g) *Brussels Sprouts (7g)	*Corn (17g)	*Potato of Choice (14-37g)  *Steamed Broccoli	*Mixed Vegetables – corn, peas, carrots, green beans, & lima beans (9g)
Choose		ты изъеїв эргойсь (79)		(2g)	*Hot Peach Slices (28g)

WEEK 2

	Monday 5/14	Tuesday 5/15	Wednesday 5/16	Thursday 5/17	Friday 5/18
	**Veggie Burger (40g)	**Cheese & Bean	* Philly Steak & Cheese	*Nacho Burger on Bun	*BBQ Chicken on Bun
	or Hamburger on Bun	Enchilada (42g)	Sub (33g)	(26g)	(34g)
	(25g)				
		**Macaroni-n-Cheese	*Pepperoni Pizza (35g)	*Turkey Divan (33g)	**Veggie Pizza (43g)
Ħ	*Beef Enchilada Dip	(25g) & Cornbread		& Breadstick (17g)	or Cheese Pizza (35g)
Se	with Tortilla Chips	(29g)	*Turkey Sausage &		
choose	(34g) & Cornbread		French Toast Sticks (58g)	*Cook's Choice	*Cook's Choice
ָלַ	(29g)	*Chicken Patty on Bun			
		(34g)			
Entrée	*Buffalo Chicken Pizza				
l E	(36g)				
"	COLD ENTREE	COLD ENTREE	COLD ENTREE	COLD ENTREE	COLD ENTREE
	*Cobb Salad (20g) &	*Egg Combo Box (34-	**Yogurt Parfait (63-	**Vegetarian Sub	*Turkey Ham &
	*Cobb Salad (20g) & Cornbread (29g)	*Egg Combo Box (34- 59g)	**Yogurt Parfait (63- 78g) & Muffin (26-28g)	**Vegetarian Sub (40g)	*Turkey Ham & Cheese Sub (31a)
	*Cobb Salad (20g) & Cornbread (29g)	*Egg Combo Box (34- 59g)	**Yogurt Parfait (63- 78g) & Muffin (26-28g)	**Vegetarian Sub (40g)	*Turkey Ham & Cheese Sub (31g)
	Cornbread (29g)	59g)	78g) & Muffin (26-28g)	(40g)	Cheese Sub (31g)
		*Potato of Choice		*Potato of Choice	*Steamed Broccoli
l or	*Collard Greens (4g)	59g)	78g) & Muffin (26-28g)  *Corn (17g)	(40g)	Cheese Sub (31g)
<b>⊢</b> ω	Cornbread (29g)	*Potato of Choice (14-37g)	78g) & Muffin (26-28g)	*Potato of Choice (14-37g)	*Steamed Broccoli
<b>⊢</b> ω	*Collard Greens (4g)	*Potato of Choice	78g) & Muffin (26-28g)  *Corn (17g)	*Potato of Choice (14-37g) *California Mixed	*Steamed Broccoli
<b>⊢</b> ω	*Collard Greens (4g)	*Potato of Choice (14-37g)	78g) & Muffin (26-28g)  *Corn (17g)	*Potato of Choice (14-37g) *California Mixed Vegetables – broccoli,	*Steamed Broccoli
	*Collard Greens (4g)	*Potato of Choice (14-37g)	78g) & Muffin (26-28g)  *Corn (17g)	*Potato of Choice (14-37g) *California Mixed	*Steamed Broccoli

WEEK 3

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, seafood or nut products offered. Menu subject to change. This institution is an equal opportunity provider. Revised 4/25//2018



## COLUMBUS ITY SCHOOLS Grades K-8 Lunch Menu May 2018

	Manday F/21	Tuesday F /22	Wednesday F/22	Thursday F / 24	Eridov F / 2F
	Monday 5/21	Tuesday 5/22	Wednesday 5/23	Thursday 5/24	Friday 5/25
	*Taco Salad with	*Chicken Nuggets	*Cheeseburger on Bun		*Hamburger on Bun
	Tortilla Chips (24g) &	(13g) & Breadstick	(26g)	Ohio Day	(25g)
	Cornbread (29g)	(17g)		Chicken Tenders (17g)	
	(== 3)	( 3)	**Cheese Pizza (35g)	& Breadstick (17g)	**Veggie Pizza (43g)
-	*Meatball Sub (39g)	*BBQ Beef Rib on Bun		& Breaustick (17g)	or Cheese Pizza (35g)
	r reacbail sub (ssg)	(37g)	*Chicken Fajita (39g)	**C	or cheese rizza (ssg)
OS	*Pepperoni Pizza (35g)	(379)	Chicker rajita (339)	**Cheese & Bean	*Cook's Choice
choose	repperon rizza (339)	**Chassa Ctuffod		Enchilada (42g)	COOK'S CHOICE
0		**Cheese Stuffed			
Entrée –		Breadsticks with		*Spaghetti with Meat	
		Spaghetti Sauce (58g)		Sauce (34g) &	
ıt				Breadstick (17g)	
ш	COLD ENTREE	COLD ENTREE	COLD ENTREE	COLD ENTREE	COLD ENTREE
	**Vegetarian Salad	*Cobb Salad (20g) &	**Yogurt Parfait (63-	*Turkey & Cheese Sub	*Crispy Chicken Salad
	(22g) & Cornbread	Breadstick (17g)	78g) & Muffin (26-28g)	(29g)	(27g) & Breadstick
	(29g)				(17g)
	*Corn (17g)	*Potato of Choice	*Steamed Cabbage (3g)	*Steamed Broccoli	*Italian Mixed
oose 1 more		(14-37g)		(2g)	Vegetables – zucchini,
Choose or mor	**Black beans (22g)	`			carrot, cauliflower,
오		*Green Beans (5g)			Italian green beans &
ס פֿ		Creen Bearis (5g)			lima beans (5g)
	l	l		<u> </u>	mina bearis (39)

WEEK 4

	MI E /20	T - 1 - 5 /20	W. J. J. 5/20	TI - I - E /24	F:1- C/4
	Monday 5/28	Tuesday 5/29	Wednesday 5/30	Thursday 5/31	Friday 6/1 Friday
		*Philly Steak & Cheese	*Pepperoni Pizza (35g)	*Cheesy Chicken	
		Sub (33g)	*Turkey & Cheese Melt	Crunch Wrap (57g)	
		*Buffalo Chicken Grab	(31g)	**Veggie Burger (40g)	
		Wraps (40g)	(319)	or Cheeseburger on	
e 1		Wiaps (Hog)		Bun (27g)	
SO		*Cook's Choice	*Cook's Choice	Duii (279)	
choose		COOK 3 CHOICE	COOK'S CHOICE	*Cook's Choice	
ì				COOK'S CHOICE	
, e				<u> </u>	
Entrée	MEMORIAL	COLD ENTREE	COLD ENTREE	COLD ENTREE	
늅	DAY	****	**Yogurt Parfait (63-	*	NO SCHOOL
	100000	**Vegetarian Salad	78g) & Muffin (26-28g)	* Egg Combo Box (34-	
	888888	(22g) & Breadstick	76g) & Mullin (20-26g)	59g)	Selvi o
	prop	(17g)			A control of
					Maria Maria
					\$3 11 11 11 11 11 11 11 11 11 11 11 11 11
	NO CCHOOL				Literature de la constitución de
	NO SCHOOL	#CI LD !!	*0 (17)	*D	
_		*Steamed Broccoli	*Corn (17g)	*Potato of Choice (14-	
P		(2g)	*Llet Apple Cliese (20-)	37g)	
ose 1 more		**Garbanzo beans	*Hot Apple Slices (20g)	*California Mixed	
Choose					
ا <b>بن</b>		(20g)		Vegetables – broccoli,	
J				carrots, & cauliflower (3g)	
XX EDIZ				(Jg)	

WEEK 1

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, seafood or nut products offered. Menu subject to change. This institution is an equal opportunity provider. Revised 4/25//2018