Columbus Municipal School District

November 2017

MIDDLE SCHOOL LUNCH MENU

MILK
Offered Daily
1% White
and
Fat Free – Flavored

http://www.choosemyplate.gov/

PRICES

Breakfast	
Student	$ .000
Adult	$ 1.85
Visitors	$ 1.85
Lunch	
Student	$ 0.00
Adult	$ 3.20
Visitors	$ 3.20

Salad Dressing

Note:
All Garden Salads on the Hot Food serving line are served with (1 oz.) or PC RF-Buttermilk Ranch Dressing

SEASONAL FRESH FRUIT
Served Daily on ALL lines

Apple, Orange or Banana
OFFERED Daily

This Menu Is Subject To Change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 **HOMEMADE LASAGNA** **CREAMY CHICKEN STIR FRY OVER RICE** **OLD FASHION CHEESEBURGER** **SLICED TURKEY & CHEESE HOAGIE** **OPEN FACE ROAST BEEF** Pepperoni Pizza Wedge Chef Salad/ Garden Salad w/Dressing Whole Kernel Corn Oven Baked Potato Wedges Whole Wheat Garlic Toast/Saltine Crackers Fresh Fruit Bowl/Fruit Cocktail	2 **OVEN BAKED STEAK FINGERS** **STEAMED BROWN RICE** **BROWN GRAVY** **CHICKEN SALAD W/CRACKERS** **TACOS OLE W/CHIPS** **OLD FASHION HAMBURGER W/TRIMMINGS** **SLICED HAM & CHEESE HOAGIE** Stuffed Crust Pizza/Steamed Carrots Chef Salad/ Garden Salad w/Dressing Oven Baked Potato Wedges Soft Yeast Roll/Saltine Crackers Fresh Fruit Bowl/Sweet Applesauce	3 **DELICIOUS BUFFALO HOT WINGS** **AMERICAN SUB SANDWICH** **OLD FASHION HAMBURGER W/TRIMMINGS** **CHEESY BREADSTICKS W/MARINARA** Chef Salad/ Garden Salad w/Dressing Crinkle Cut Fries Southern Green Beans Soft Yeast Roll/Saltine Crackers Fresh Fruit Bowl/ Nutritious Pineapple Tidbits
6 **LOADED BAKED POTATO W/CHICKEN & HAM** **STUFFED CHICKEN QUESADILLAS** **SMOKY BBQ RIB SANDSWICH** **OLD FASHION HAMBURGER W/TRIMMINGS** **JUICY JUMBO HOT DOG** Pepperoni Pizza Wedge Chef Salad/ Garden Salad w/Dressing Cheesy Broccoli/Baked Ranch Fries Soft Yeast Roll/Saltine Crackers Fresh Fruit Bowl Blushing Chilled Pears	7 **CRISPY BAKED CHICKEN TENDERS** **CHILI CHEESE FRIES** **YOGURT & SANDWICH COMBO** **OLD FASHION HAMBURGER W/TRIMMINGS** **PHILLY CHEESE STEAK SANDWICH** Cheese Pizza Chef Salad Tomato & Cucumber Salad California Veggies Oven Baked Potato Wedges Soft Yeast Roll/Saltine Crackers Fresh Fruit Bowl Chilled Peach Slices	8 **SAUCY SPAGHETTI & MEAT SAUCE** **CREAMY CHICKEN A LA KING OVER RICE** **SLICED HAM & CHEESE HOAGIE** **CHICKEN BACON RANCH HOAGIE** **OLD FASHION HAMBURGER W/TRIMMINGS** **CHEESY BREADSTICKS W/MARINARA** Garden Salad w/Dressing/Chef Salad Peas and Carrots Oven Baked Potato Wedges Soft Yeast Roll/Saltine Crackers Fresh Fruit Bowl Mandarin Fruit Cup	9 **SOUTHERN TURKEY & DRESSING** **HAM SLICE** **OVEN BAKED CORN DOG** **SMOTHERED BEEF TIPS OVER NOODLES** **OLD FASHION HAMBURGER W/TRIMMINGS** Stuffed Crust Pizza Sweet Potato Casserole Garden Salad w/Dressing Southern Green Beans Yeast Roll/Saltine Crackers Fresh Fruit Bowl/ Nutritious Pineapple Tidbits	10 **DELICIOUS BUFFALO HOT WINGS** **SLICED TURKEY & CHEESE HOAGIE** **OLD FASHION HAMBURGER W/TRIMMINGS** Pepperoni Pizza Wedge Baked Ranch Fries Chef Salad/ Garden Salad w/Dressing Whole Kernel Corn Soft Yeast Roll/Saltine Crackers Fresh Fruit Bowl Blushing Chilled Pears
13 **MEXICAN TACO SOUP** **YOGURT SANDWICH COMBO** **CREAMY HUNTINGTON CHICKEN** **OLD FASHION HAMBURGER W/TRIMMINGS** **SPICY CHICKEN SANDWICH** Cheese Pizza/Oven Baked Potato Wedges Garden Salad w/Dressing /Chef Salad Black-Eyed Peas Soft Yeast Roll/Saltine Crackers Fresh Fruit Bowl Chilled Peach Slices	14 **TENDER BAKED PORK CHOPS** **GLAZED BBQ MEATBALLS ON HOAGIE** **AMERICAN SUB SANDWICH** **ITALIAN BEEF-A-RONI** **OLD FASHION CHEESEBURGER** Pepperoni Pizza Wedge/ Oven Baked Potato Wedges Garden Salad w/Dressing /Chef Salad/Saltine Crackers Southern Mustard Greens Southern Cornbread Fresh Fruit Bowl Chilled Pear Halves	15 **BEEFY TACO W/CRISPY SHELL** **STIR FRY FAJITA CHICKEN** **BUFFALO CHICKEN HOAGIE** **OLD FASHION HAMBURGER W/TRIMMINGS** **CHICKEN SALAD SANDWICH** **CHEESY BREADSTICKS W/MARINARA** Oven Baked Potato Wedges Whole Kernel Corn Chef Salad/ Garden Salad w/Dressing Soft Yeast Roll/Saltine Crackers Fresh Fruit Bowl Fruit Cocktail	16 **HOMECOOKED MEATLOAF** **BROWN GRAVY** **STEAMED BROWN RICE** **CREAMY CHICKEN NOODLE CASSEROLE** **SMOKY BBQ RIB SANDSWICH** **OLD FASHION HAMBURGER W/TRIMMINGS** **SLICED HAM & CHEESE HOAGIE** Stuffed Crust Pizza / Oven Baked Potato Wedges Chef Salad/Garden Salad w/Dressing Macaroni & Cheese Soft Yeast Roll/Saltine Crackers Fresh Fruit Bowl/Nutritious Pineapple Tidbits	17 **DELICIOUS BUFFALO HOT WINGS** **OLD FASHION HAMBURGER W/TRIMMINGS** **PHILLY CHEESE STEAK SANDWICH** **AMERICAN SUB SANDWICH** Mexican Pizza Baked Ranch Fries Garden Salad w/Dressing Savory Baked Beans Soft Yeast Roll/Saltine Crackers Fresh Fruit Bowl Chilled Peach Slices
20 	21 	22 	23 	24
27 **CHEESY MACARONI & CHEESE W/ HAM SLICE** **OVEN BAKED CHICKEN NUGGETS** **JUICY JUMBO HOT DOG** **SLICED TURKEY & CHEESE HOAGIE** **OLD FASHION HAMBURGER W/TRIMMINGS** Stuffed Crust Pizza /Sweet Green Peas Chef Salad/ / Garden Salad w/Dressing/Crackers Oven Baked Potato Wedges/ Soft Yeast Roll Fresh Fruit Bowl/ Chilled Peach Slices	28 **TENDER BARBEQUE CHICKEN** **NEW ORLEANS RED BEANS & RICE W/SAUSAGE** **OPEN FACED ROAST BEEF** **CHEESY BREADSTICKS W/MARINARA** **OLD FASHION HAMBURGER W/TRIMMINGS** **YOGURT & SANDWICH COMBO** Seasoned Cabbage Chef Salad/Garden Salad w/Dressing/Saltine Crackers Oven Baked Potato Wedges/Southern Cornbread Fresh Fruit Bowl/ Mandarin Fruit Cup	29 **BEEFY NACHO GRANDE** **CREAMY CHICKEN SPAGHETTI** **SLICED HAM & CHEESE HOAGIE** **OLD FASHION HAMBURGER W/TRIMMINGS** **SPICY CHICKEN SANDWICH** Sausage Pizza Chef Salad/ Garden Salad w/Dressing Whole Kernel Corn Oven Baked Potato Wedges Soft Yeast Roll/Saltine Crackers Fresh Fruit Bowl/ Fruit Cocktail	30 **JOHN WAYNE CASSEROLE** **CREAMY CHICKEN NOODLE SOUP** **OLD FASHION HAMBURGER W/TRIMMINGS** **SLICED TURKEY & CHEESE WRAP** **BUFFALO CHICKEN HOAGIE** Sausage Pizza Southern Green Beans Chef Salad/ Garden Salad w/Dressing Oven Baked Potato Wedges Soft Yeast Roll /Saltine Crackers Fresh Fruit Bowl/Chilled Diced Pears	