

September 9-13

# Columbia Academy Cafe

Lunch Menu

Monday

Tuesday

Wednesday

Thursday

Friday

## *Sizzle and Main-Served with Choice of Fruit and a Fountain Beverage*

*Smothered Hamburger Steak  
Smashed Potatoes  
Southern Green Beans  
Fresh Baked Roll*

*Rotisserie Style Chicken Legs  
Scalloped Potatoes  
Sautéed Squash  
Fresh Baked Roll*

*Grilled All Beef Hot Dogs  
With a Loaded Toppings Bar  
Macaroni and Cheese  
Baked Beans*

*Chicken and Cheese Quesadilla  
Steamed Yellow Rice  
Seasoned Pinto Beans  
Caramel Filled Churros*

*Grilled Chicken Gyro  
Greek Roasted Potatoes  
Cucumber and Tomato Salad*

## *The Balanced Bite-Served with Choice of Fruit or Cup of Soup and a Fountain Beverage*

*Chicken Alfredo Pasta  
Garden Vegetables*

*Spaghetti with Meatballs  
Caesar Salad*

*The Bulldog  
Loaded Baked Potato Bar*

*Beef and Broccoli Stir-Fry  
Steamed Rice*

*Chicken and Sausage Jambalaya  
Corn on the Cobb*

## *SproutBerry's Salad Bar and Deli-Served with Choice of Fruit or Cup of Soup and Fountain Beverage*

*Ham and Cheddar Sandwich  
Turkey and Cheese Croissant  
Pimento Cheese Sandwich*

*Turkey and Cheese Croissant  
Ham and Swiss Sandwich  
Crispy Chicken Wrap*

*Turkey and Cheese Croissant  
Chicken Salad Wrap  
Turkey Club Wrap*

*Turkey and Cheese Croissant  
Tuna Salad Sandwich  
Buffalo Chicken Wrap*

*Ham and Swiss Sandwich  
Turkey and Cheese Croissant  
Chicken Pesto Wrap*

## *Rosemary Wilds-Served with a Choice of Fruit or Cup of Soup and Fountain Beverage*

*Fresh Baked Cheese and Pepperoni Pizza with Daily Specials*

### *Simmer's Soup Stop*

*Cream of Tomato*

*Chicken Noodle*

*Minestrone*

*Chicken Tortilla Soup*

*Chicken and Vegetable*

## *Coming Soon! Gordon's Grill –Served with Fries and a Fountain Beverage*

*Fresh Grilled Hamburgers, Chicken Sandwiches, Veggie Burgers, French Fries and Daily Specials*

*Baked Potatoes Available Daily with Assorted Toppings*

*Ala Carte Offerings-Available Everyday*

*Whole Fresh Fruit, Fresh Cut Fruit Cups, Yogurt Cups, Bottled Beverages, Fountain Beverages, Half Pints of Milk, Bottled Water, Assorted Chips, Ice Cream Novelties, Fresh Baked Cookies*



*ChefAdvantage is committed to serving  
Nutritious and Delicious Meals!  
Locally sourced ingredients whenever possible  
No High Fructose Corn Syrup, Trans Fats, or MSG*



September 16-20

# Columbia Academy Cafe

Lunch Menu

Monday

Tuesday

Wednesday

Thursday

Friday

### *Sizzle and Main-Served with Choice of Fruit and a Fountain Beverage*

*Beef Soft Tacos with Toppings Bar  
Spanish Rice  
Refried Beans  
Southwest Garden Salad*

*Homemade Meatloaf  
Smashed Potatoes and Gravy  
Steamed Peas and Carrots  
Fresh Baked Roll*

*Crispy Chicken Tenders  
Penne Pasta  
Italian Market Salad  
Garlic Breadsticks*

*Coca Cola Glazed Pork Loin  
Cornbread Dressing and Gravy  
Steamed Broccoli  
Fresh Baked Roll*

*Blackened Tilapia  
Steamed Rice Pilaf  
Kale and Apple Salad*

### *The Balanced Bite-Served with Choice of Fruit or Cup of Soup and a Fountain Beverage*

*Pesto Chicken with Bowtie Pasta  
Sautéed Vegetables*

*Cheese Tortellini with Marinara  
Caesar Salad*

*Beef Enchilada Casserole  
Roasted Corn and Peppers*

*Chicken Fra Diavolo over Pasta  
Sautéed Green Beans*

*Penne Chicken Alfredo  
Vegetable Medley*

### *SproutBerry's Deli-Served with Choice of Fruit or Cup of Soup and Fountain Beverage*

*Turkey and Cheese Croissant  
Pimento Cheese Sandwich  
Ham and Cheddar Sandwich*

*Turkey and Cheese Croissant  
Ham and Swiss Sandwich  
Crispy Chicken Wrap*

*Turkey and Cheese Croissant  
Chicken Salad Sandwich  
Turkey Club Wrap*

*Turkey and Cheese Croissant  
Buffalo Chicken Wrap  
Tuna Salad Sandwich*

*Turkey and Cheese Croissant  
Ham and Swiss Sandwich  
Chicken Pesto Wrap*

### *Rosemary Wilds-Served with a Choice of Fruit or Cup of Soup and Fountain Beverage*

*Fresh Baked Cheese and Pepperoni Pizza with Daily Specials*

#### *Simmer's Soup Stop*

*Chicken and Corn Chowder*

*Chicken Tortilla*

*Tomato Basil*

*Beef Barley*

*Broccoli Cheddar*

### *Gordon's Grill –Served with Fries and a Fountain Beverage*

*Fresh Grilled Hamburgers, Chicken Sandwiches, Veggie Burgers, French Fries and Daily Specials  
Baked Potatoes Available Daily with Assorted Toppings*

*Ala Carte Offerings-Available Everyday*

*Whole Fresh Fruit, Fresh Cut Fruit Cups, Yogurt Cups, Bottled Beverages, Fountain Beverages, Half Pints of Milk, Bottled Water, Assorted Chips, Ice Cream Novelties, Fresh Baked Cookies*



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September 23-27

# Columbia Academy Cafe

Lunch Menu

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Wednesday

Thursday

Friday

### *Sizzle and Main-Served with Choice of Fruit and a Fountain Beverage*

*Baked Penne Pasta  
with Meat Sauce  
Caesar Salad  
Garlic Breadstick*

*Pulled Pork Sandwich  
Corn on the Cobb  
Roasted Red Potatoes  
Sautéed Squash Medley*

*Nacho Bar with Seasoned Beef  
And Assorted Toppings  
Refried Beans, Corn and Peppers  
Caramel Churro*

*Lemon Pepper Chicken Drumsticks  
Smashed Potatoes  
Steamed Green Peas  
Fresh Baked Roll*

### *The Balanced Bite-Served with Choice of Fruit or Cup of Soup and a Fountain Beverage*

*Sesame Chicken, Garlic Broccoli,  
And Steamed Rice*

*Lemon Chicken Bowtie Pasta  
Sautéed Green Beans*

*Spaghetti with Sausage Marinara  
Italian Market Salad*

*Beef and Broccoli Stir-Fry  
Steamed Rice or Fried Rice*

### *SproutBerry's Deli-Served with Choice of Fruit or Cup of Soup and Fountain Beverage*

*Turkey and Cheese Croissant  
Pimento Cheese Sandwich  
Ham and Cheddar Sandwich*

*Turkey and Cheese Croissant  
Ham and Swiss Sandwich  
Crispy Chicken Wrap*

*Turkey and Cheese Croissant  
Chicken Salad Sandwich  
Turkey Club Wrap*

*Turkey and Cheese Croissant  
Buffalo Chicken Wrap  
Tuna Salad Sandwich*

*Turkey and Cheese Croissant  
Ham and Swiss Sandwich  
Chicken Pesto Wrap*

### *Rosemary Wilds-Served with a Choice of Fruit or Cup of Soup and Fountain Beverage*

*Fresh Baked Cheese and Pepperoni Pizza with Daily Specials*

#### *Simmer's Soup Stop*

*Chicken and Corn Chowder*

*Chicken Tortilla*

*Tomato Basil*

*Beef Barley*

*Broccoli Cheddar*

### *Gordon's Grill –Served with Fries and a Fountain Beverage*

**Fresh Grilled Hamburgers, Chicken Sandwiches, Veggie Burgers, French Fries and Daily Specials**

**Baked Potatoes Available Daily with Assorted Toppings**

**Ala Carte Offerings-Available Everyday**

**Whole Fresh Fruit, Fresh Cut Fruit Cups, Yogurt Cups, Bottled Beverages, Fountain Beverages, Half Pints of Milk, Bottled Water, Assorted Chips, Ice Cream Novelties, Fresh Baked Cookies**



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