

September 30– Oct. 4

Columbia Academy Cafe

Lunch Menu

Monday

Tuesday

Wednesday

Thursday

Friday

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

*Cajun Fish and Grits with Cajun
Cream sauce
Sautéed Green Beans*

*Herb Crusted Pork Loin
Mac-n-Cheese
Mixed Veggies
Fresh Baked Roll*

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

*Smothered Hamburger Steaks
Smashed Potatoes
Green Beans
Fresh Baked Roll*

No Lunch/1/2 Day

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

*Chicken Alfredo Pasta
Sautéed Squash*

*The Bulldog
Loaded Baked Potato Bar*

*Pesto Chicken with Bowtie Pasta
Caesar Salad*

*Spaghetti with Meatballs
Mixed Veggies*

No Lunch/1/2 Day

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*

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

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



October 7-11

Columbia Academy Cafe

Lunch Menu

Monday

Tuesday

Wednesday

Thursday

Friday

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

Happy

Fall

Break!

Be

Safe!

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

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

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

Simmer's Soup Stop

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

Ala Carte Offerings-Available Everyday



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October 14-18

Columbia Academy Cafe

Lunch Menu

Monday

Tuesday

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*

*Chicken Fingers
Smashed Potatoes
Steamed Green Peas
Fresh Baked Roll*

*Grilled Hot Dog Bar
Mac-n-cheese
Green Beans*

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*

*Beef Enchilada Casserole
Southwest Salad*

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 and Cheese

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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October 21- 25

Columbia Academy Cafe

Lunch Menu

Monday

Tuesday

Wednesday

Thursday

Friday

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

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|--------------------------------------|--------------------------------------|--|-----------------------------|--------------------------|
| <i>Rotisserie Style Chicken Legs</i> | <i>Chicken and Cheese Quesadilla</i> | <i>Beef Soft Tacos with Toppings Bar</i> | <i>Blackened Tilapia</i> | <i>Baked Penne Pasta</i> |
| <i>Scalloped Potatoes</i> | <i>Steamed Yellow Rice</i> | <i>Spanish Rice</i> | <i>Steamed Rice Pilaf</i> | <i>with Meat Sauce</i> |
| <i>Sautéed Squash</i> | <i>Seasoned Pinto Beans</i> | <i>Refried Beans</i> | <i>Kale and Apple Salad</i> | <i>Caesar Salad</i> |
| <i>Fresh Baked Roll</i> | <i>Caramel Filled Churros</i> | <i>Southwest Garden Salad</i> | | <i>Garlic Breadstick</i> |

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

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|---------------------------------|-----------------------------------|---------------------------|-------------------------------------|-----------------------------------|
| <i>Spaghetti with Meatballs</i> | <i>Beef and Broccoli Stir-Fry</i> | <i>Chili Mac-n-Cheese</i> | <i>Bowtie pasta with Meat sauce</i> | <i>Chicken and Shells Alfredo</i> |
| <i>Caesar Salad</i> | <i>Steamed Rice</i> | <i>Caesar Salad</i> | <i>Mixed Veggies</i> | <i>Vegetable Medley</i> |

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

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|------------------------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|
| <i>Ham and Cheddar Sandwich</i> | <i>Turkey and Cheese Croissant</i> | <i>Turkey and Cheese Croissant</i> | <i>Turkey and Cheese Croissant</i> | <i>Turkey and Cheese Croissant</i> |
| <i>Turkey and Cheese Croissant</i> | <i>Ham and Swiss Sandwich</i> | <i>Chicken Salad Wrap</i> | <i>Tuna Salad Sandwich</i> | <i>Ham and Swiss Sandwich</i> |
| <i>Pimento Cheese Sandwich</i> | <i>Crispy Chicken Wrap</i> | <i>Turkey Club Wrap</i> | <i>Buffalo Chicken Wrap</i> | <i>Chicken Pesto Wrap</i> |

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

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|------------------------|-----------------------|-------------------|------------------------------|------------------------|
| <i>Cream of Tomato</i> | <i>Chicken Noodle</i> | <i>Minestrone</i> | <i>Chicken Tortilla Soup</i> | <i>Broccoli Cheese</i> |
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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



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October 28– Nov. 1

Columbia Academy Cafe

Lunch Menu

Monday

Tuesday

Wednesday

Thursday

Friday

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

*BBQ Chicken Thighs
Sautéed Green Beans
Mashed Potatoes
Fresh Baked Roll*

*Chicken Fingers
Mac-n-Cheese
Mixed Veggies
Fresh Baked Roll*

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

*Rotisserie Style Chicken Legs
Smashed Potatoes
Green Beans
Fresh Baked Roll*

*Chicken Teriyaki Stir fry
Steamed Rice
Vegetable Egg rolls*

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

*Chicken Alfredo Pasta
Sautéed Squash*

Beef and Broccoli stir fry

*Pesto Chicken with Penne Pasta
Caesar Salad*

*Spaghetti with Meatballs
Mixed Veggies*

*The Bulldog
Loaded Baked Potato Bar*

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*

*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

Cream of Tomato

Chicken Noodle

Minestrone

Chicken Tortilla Soup

Broccoli Cheese

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

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