

Monday

Tuesday

Wednesday

Thursday

Friday

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

Beef Nachos With Toppings
Queso Cheese
Refried Beans
Churros

Chicken Tenders
Mac and Cheese
Green Beans
Dinner Roll

Country Fried Steak with Gravy
Mashed Potatoes
Peas & Carrots
Corn Bread Muffin

Baked Chicken
Roasted Red Potatoes
Steamed Broccoli
Dinner Roll

Grilled Cheese
Tomato Soup
Fresh Fruit

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

Spaghetti With Meat sauce
Garlic Bread

Orange Chicken with Steamed
Rice

Tater Tot Bar with Toppings

Baked Ziti
Bread Stick

Chicken or Vegetable Fried Rice
Egg Roll

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

Turkey & Cheese Croissant
Club Sandwich
Buffalo Chicken Wrap

Turkey & Cheese Croissant
Cold Cut Sub
Tuna Salad Sandwich

Turkey & Cheese Croissant
BLT Sandwich
Fried Chicken Wrap

Turkey & Cheese Croissant
Chicken Salad Sandwich
Italian Sub

Turkey & Cheese Croissant
Cold Cut Sub
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 and Gluten Free Option

Simmer's Soup Stop

Potato Soup

Chicken Noodle

Beef Chili

Vegetable Soup

Chicken Tortilla

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

Fresh Grilled Hamburgers, Chicken Sandwiches, 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, Side Garden Salads, Bottled Beverages,
Half Pints of Milk, Bottled Water, Assorted Chips, 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



Monday

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Friday

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

BBQ Chicken
Rice Pilaf
Steamed Broccoli
Dinner roll

Beef Stroganoff
Egg Noodles
Green Peas
Dinner Roll

Hot Italian Sub
Tater Tots
Fresh Fruit

Beef Lasagna
Green Beans
Garlic Bread

Chicken Flatbread
Buffalo Flatbread
Tater Tots
Tropical Fruit

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

Chicken Alfredo
Garlic Bread

Sweet & Sour Chicken
Steamed Rice

Bowtie Pasta W/Meat sauce

Vegetable Lo Mein, Egg Roll

Taco Casserole

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

Turkey & Cheese Croissant
BLT Sandwich
Buffalo Chicken Wrap

Turkey & Cheese Croissant
Cold Cut Sub
Fried Chicken Wrap

Turkey & Cheese Croissant
Chicken Salad Sandwich
Ham & Cheese Pinwheels

Turkey & Cheese Croissant
Ham & Cheese Sandwich
Grilled Vegetable Wrap

Turkey & Cheese Croissant
Cold Cut Sub
Fried 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 and Gluten Free option

Simmer's Soup Stop

Chicken & Rice

Broccoli & Cheddar

Tomato

Chicken Noodle

Clam Chowder

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

Fresh Grilled Hamburgers, Chicken Sandwiches, 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, Side Garden Salads, Bottled Beverages,
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Lunch Menu

Columbia Academy Cafe

October 25-29

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

Hot Dogs With Chili, Cheese, Onions,
Relish
Steamed Corn
Steak Fries

Bangers and Mash
(Bratwurst & Mashed potatoes)
Onion Gravy
Sauteed Zucchini
Dinner Roll

Chicken Nuggets
Tater Tots
Fresh Fruit
Dinner Roll

Chicken With Mushroom Gravy
Roasted Red Potatoes
Green Beans
Dinner Roll

Gyro (Lamb or chicken)
Lettuce, onion, Feta, tomato,
Ranch, tziki
Steak Fries

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

Chicken Lo Mein
Spring Roll

Pasta w/ Meatsauce
Bread Stck

Chicken Pot Pie
Corn Bread Muffin

Korean Beef
Steamed Rice

Spaghetti & Meat Balls
Bread Stick

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

Turkey and Cheese Croissant
Ham and Provolone Croissant
Buffalo Chicken Wrap

Turkey and Cheese Croissant
Ham & Turkey Sub
Crispy Chicken Wrap

Turkey and Cheese Croissant
Chicken Salad Sandwich
Cold Cut Sub

Turkey and Cheese Croissant
Buffalo Chicken Wrap
Tuna Salad Sandwich

Turkey and Cheese Croissant
Ham and Cheese Croissant
BLT 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 and Gluten Free Option

Simmer's Soup Stop

Chili

Chicken Noodle

Vegetable

Chicken & Rice

Beef Chili

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

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

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

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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

Gordon’s Grill—Served with Fries and a Fountain Beverage

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

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