

Monday 28

Tuesday 29

Wednesday 30

Thursday 31

Friday 1

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

Blackened Fish  
Wild Rice  
Roasted Vegetables  
Cheddar Biscuits

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

Fried Rice Bar  
Egg Rolls

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

Turkey & Cheese Croissant  
Cold Cut Sub

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 w/Rice

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 4

Tuesday 5

Wednesday 6

Thursday 7

Friday 8

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

Labor Day  
No SchoolTeacher In-Service  
No LunchChicken Parmesan  
Buttered Pasta  
Steamed Broccoli  
Garlic ToastBeef Tacos w/Lettuce,  
Cheese  
Mexican Street Corn  
ChurrosChicken Tenders  
Assorted Sauces  
French Fries  
Seasoned Green Beans

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

Labor Day

Teacher In-Service

Vegetable Rice Bowl  
Assorted ToppingsPasta w/Meat sauce  
Garlic BreadGarden Salad  
With Fried or Grilled Chicken

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

Labor Day  
No SchoolTeacher In-Service  
No LunchTurkey & Cheese Croissant  
Chicken Salad Sandwich  
Ham & Cheese PinwheelsTurkey & Cheese Croissant  
Ham & Cheese Sandwich  
Grilled Vegetable WrapTurkey & 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

Chili

Tomato

Chicken Noodle

## 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

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Monday 11

Tuesday 12

Wednesday 13

Thursday 14

Friday 15

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

Rotisserie Chicken  
Roasted Red Potatoes  
Steamed Broccoli  
Dinner Roll

Nacho Bar  
Seasoned Beef, Queso Cheese  
Lettuce, Salsa, Guacamole  
Sour Cream  
Churros

Chicken Salad Croissant  
Tuna Salad Croissant  
Lettuce, Tomato  
Kettle Chips  
Fresh Fruit Cup

Cuban Sandwich  
(Pork Loin, Ham, Provolone  
Cheese, Mayo, Mustard, Pickles)  
Steak Fries  
Fresh Fruit Cup

Crispitos  
Refried Beans  
Mexican Corn

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

Sweet & Sour Pork  
White Rice, Egg Roll

Cheese Ravioli w/Marinara  
Garlic Bread

Jalapeno Popper Casserole  
Steamed Rice, Corn Muffin

Pasta w/Meat Sauce  
Garlic Bread

Cajun Chicken Pasta  
Cheddar Biscuits

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

Turkey and Cheese Croissant  
Ham & Turkey Sub  
Crispy Chicken Wrap

Turkey and Cheese Croissant  
Ham & Cheese Rollups  
BLT Sandwich

Turkey and Cheese Croissant  
Chicken Salad Sandwich  
Cold Cut Sub

Turkey and Cheese Croissant  
Buffalo Chicken Wrap  
Tuna Salad Croissant

Turkey & Cheese Croissant  
Ham & Cheese Sandwich

## 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 w/Rice

Chili

Chicken Noodle

Vegetable

Tomato

## 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



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Monday 18

Tuesday 19

Wednesday 20

Thursday 21

Friday 22

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

Pancakes W/Hot Syrup  
Sausage Patty  
Hash Brown  
Orange Wedges

Choice of Fried Chicken /Buffalo  
Chicken Sandwich  
Assorted Toppings  
Tater Tots  
Fresh Fruit Cup

Bulldog Burrito Bowl  
Seasoned Chicken or Beef  
White or Cilantro Rice  
Black or Pinto beans  
Queso Cheese, Salsa

Roast Pork Loin  
Roasted Red Potatoes  
Seasoned Green Beans  
Dinner Roll

Fried Catfish  
Hush Puppies  
French Fries  
Steamed Broccoli

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

Taco Pasta

Ham & Cheese Sliders  
Kettle Chips

Sweet & Sour Chicken  
Steamed Rice, Egg Roll

Mac & Cheese Bar  
Assorted Toppings

Pasta w/Meat Sauce  
Garlic Bread

## 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 Noodle

Beef Chili

Tomato

Chicken w/Rice

Potato

## 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



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Lunch Menu

Columbia Academy Cafe

Sept 25-29, 2023

Monday 25

Tuesday 26

Wednesday 27

Thursday 28

Friday 29

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

BBQ Chicken Thighs  
Hash Brown Casserole  
Southern Green Beans  
Dinner Roll

Hot Italian Sub or  
Grilled Cheese  
Steak Fries  
Fresh Fruit Cup

Beef or Cheese Lasagna  
Steamed Broccoli  
Garlic Bread

Corn Dog  
Tater Tots  
Corn on the Cob  
Fresh Fruit Cup

“Create Your Own Burger”  
Grilled Burgers  
Assorted Cheeses  
Assorted Toppings  
French Fries

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

“The Bulldog”  
Baked Potato Bar

Chicken Stir Fry  
Egg Roll

Protein Bowl  
Assorted Toppings

Orange Chicken  
Steamed Rice, Egg Roll

Pasta w/Meat sauce  
Garlic Bread

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

Turkey and Cheese Croissant  
Ham & Turkey Sub  
Crispy Chicken Wrap

Turkey & Cheese Croissant  
BLT Sandwich  
Buffalo Chicken Wrap

Turkey and Cheese Croissant  
Cold Cut Sub  
Crispy Chicken Wrap

Turkey and Cheese Croissant  
Italian Sub

Turkey and Cheese Croissant  
Cold Cut Sub  
Crispy 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

Tomato

Chicken Noodle

Broccoli Cheddar

Chili

Chicken w/Rice

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

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