

Sept. 4– Sept. 6

Columbia Academy Cafe

Lunch Menu

Monday

Tuesday

Wednesday

Thursday

Friday

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

*Grilled Ham and Cheese
Potato Coins
Coleslaw
Baked Potato Bar*

*Chicken and Chili Flautas
Refried Beans
Spanish Rice*

*Crispy Fish Sticks
Macaroni and Cheese
Sweet Buttered Peas
Tartar Sauce*

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

*Taco Pasta
Garden Vegetable*

*Spaghetti with Meat Sauce
Garden Vegetables*

*Orange Glazed Chicken & Veg.
Steamed Rice*

SproutBerry's Deli-Sandwich Meals Served with Chips or Fries and Fountain Beverage

*Turkey and Cheese Croissant
Chicken Salad Sandwich
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

White Bean and Ham

Loaded Potato

Chicken Noodle

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

Fresh Grilled Hamburgers, Chicken Sandwiches, , French Fries and Daily Specials

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



Sept. 9– Sept. 13

Columbia Academy Cafe

Lunch Menu

Monday

Tuesday

Wednesday

Thursday

Friday

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

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

*Rotisserie Style Chicken Legs
Roasted Potato and Gravy
Squash and Tomato
Fresh Baked Roll*

*Grilled All Beef Hot Dogs
Macaroni and Cheese
Hot Dog Chili
Baked Potato Bar*

*Chicken Quesadilla
Yellow Rice
Seasoned Pinto Beans*

*Spaghetti and Meat Sauce
Caesar Salad
Garlic Bread Stick*

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

*Chicken Alfredo over Pasta
Garden Vegetables*

*Pasta and Meatballs
Garden Vegetable*

*Chicken Teriyaki with Vegetables
Steamed Rice*

*Pepper Steak Stir Fry
Yellow Rice*

*Cajun Jambalaya
Sautéed Green Beans*

SproutBerry's Deli-Sandwich Meals Served with Chips or Fries 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 Sandwich
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

Loaded Potato

Split Pea and Ham

Creamy Chicken and Vegetable

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

Fresh Grilled Hamburgers, Chicken Sandwiches, , French Fries and Daily Specials

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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Sept. 16—Sept. 20

Columbia Academy Cafe

Lunch Menu

Monday

Tuesday

Wednesday

Thursday

Friday

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

Beef Soft Taco
Refried Beans
Spanish Rice
Side Bar

Homemade Meatloaf
Mash Potato and Gravy
Southern Green Beans
Dinner roll

Chicken Nuggets
Macaroni and Cheese
Peas and Pearl Onions
Baked Potato Bar

Roasted Pork Loin with Gravy
Homemade Stuffing
Squash Casserole
Dinner Roll

Crispy Fish Sticks
Macaroni and Cheese
Sweet Buttered Peas
Tartar Sauce

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

Pasta Primavera
Baked Cauliflower

Sausage and Pepper Pasta
Garden Vegetables

Mexican Casserole
Steamed Rice

Chicken Teriyaki and Vegetable
Fried Rice

Chicken and Bowtie Pasta
Garden Vegetables

SproutBerry's Deli-Sandwich Meals Served with Chips or Fries and Fountain Beverage

Turkey and Cheese Croissant
Ham and Cheddar Sandwich
Pimento Cheese Sandwich

Turkey and Cheese Croissant
Ham and Swiss Sandwich
Crispy Chicken Wrap

Turkey and Cheese Croissant
Chicken Salad Sandwich
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

Tomato Basil

Chicken and Vegetable

Corn Chowder

Chicken and Dumplings

Loaded Potato

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

Fresh Grilled Hamburgers, Chicken Sandwiches, French Fries and Daily Specials

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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Sept. 23– Sept. 27

Columbia Academy Cafe

Lunch Menu

Monday

Tuesday

Wednesday

Thursday

Friday

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

*Cheese Stuffed Shells
Marinara Sauce
Bread Sticks
Caesar Salad*

*BBQ Pork Sandwich
Corn Cobbett
Tater Coins
Sautéed Squash Medley*

*Nacho Bar
Seasoned Beef
Refried Beans
Corn Piquant
Baked Potato Bar*

*Grilled Cheese
Sweet Tater Tots
Collard Greens
Corn Bread*

*Mini Corn Dogs
Roasted Potato
Glazed Carrot*

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

*Sesame Chicken
Steamed Rice*

*Pasta with Meat Sauce
Roasted Vegetables*

*Chicken Noodle Casserole
Garlic Green Beans*

*American Chop Suey
Garden Vegetables*

*Chicken Alfredo
Broccoli*

SproutBerry's Deli-Sandwich Meals Served with Chips or Fries and Fountain Beverage

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

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

*Turkey and Cheese Croissant
Chicken Salad Sandwich
Club Wrap*

*Turkey and Cheese Croissant
Buffalo Chicken Wrap
Tune 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

Tomato Florentine

Chicken Noodle

Beef Vegetable

Broccoli and Cheddar

Spicy Chicken

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

Fresh Grilled Hamburgers, Chicken Sandwiches, French Fries and Daily Specials

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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