

Monday 3

Tuesday 4

Wednesday 5

Thursday 6

Friday 7

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

Teacher In-Service
No School

Teacher In-Service
No School

Beef Tacos
Toppings
Refried Beans
Churros

Scrambled Eggs
Biscuit and Gravy
Sausage Patty
Hash Browns

Baked Fish
Green Beans
French Fries
Coleslaw

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

Teacher In-Service
No School

Teacher In-Service
No School

Pasta with Meat Sauce
Garlic Bread

Sweet and Sour Pork
Steamed Rice and Egg Roll

Mac and Cheese Bar
Toppings

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

Teacher In-Service
No School

Teacher In-Service
No School

Turkey & Cheese Croissant
BLT Sandwich
Fried Chicken Wrap

Turkey & Cheese Croissant
Chicken Salad Sandwich
Cold Cut 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

Hearty Chili

Creamy Potato

Savory 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, 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 10

Tuesday 11

Wednesday 12

Thursday 13

Friday 14

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

Baked Chicken
Wild Rice Pilaf
Steamed Broccoli
Rolls

Baked Ziti
Buttery Green Beans
Garlic Bread

Chicken Tenders
Mac and Cheese
Side Salad
Fruit Cup

Meatloaf
Roasted Red Potatoes
Sautéed Green Beans
Cornbread Muffin

Grilled Cheese
Tomato Bisque
Fruit Cup

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

Cheesy Taco Pasta

Chicken or Vegetable Fried Rice
Egg Roll

The "Bulldog" Baked Potato
Toppings

Pasta with Meat Sauce
Garlic Bread

Chicken Cheese Casserole
Steamed Rice and Green beans

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

Creamy Tomato Soup

Broccoli Cheddar

Chicken Noodle

Vegetable

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

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 17

Tuesday 18

Wednesday 19

Thursday 20

Friday 21

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

MLK Day
No SchoolChicken and Cheese Quesadilla
Mexican Corn
Chips and SalsaRoasted Pork Loin
Steamed Broccoli
Roasted Red Potatoes
Dinner RollHot Dogs
Chili, Cheese, Onion
Tater Tots
Fruit CupPulled Pork with Assorted Sauces
Buttered Corn
BBQ Beans
Corn bread Muffin

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

MLK Day
No SchoolOrange Chicken
Steamed RiceChicken Alfredo
Garlic BreadMac and Cheese Bar
ToppingsNacho Bar
Cheese Sauce and toppings

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

MLK Day
No SchoolTurkey and Cheese Croissant
Ham & Turkey Sub
Crispy Chicken WrapTurkey and Cheese Croissant
Chicken Salad Sandwich
Cold Cut SubTurkey and Cheese Croissant
Buffalo Chicken Wrap
Tuna Salad SandwichTurkey and Cheese Croissant
Ham and Provolone Croissant
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

Chicken and Rice

Chili

Creamy Tomato

Loaded 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				Jan 24-28
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Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
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Sizzle and Main-Served with Choice of Fruit and a Fountain Beverage

Country Fried Steak Mashed Potatoes and Gravy Steamed Broccoli Dinner Roll	Chicken and Waffles Fruit Cup	Burrito Bowl Cilantro Lime Rice Ground Beef or Chicken Black Beans and Corn Chips Salsa Guac and Sour Cream	BBQ Chicken Rice Pilaf Roasted Corn Dinner Roll	Beef or Cheese Lasagna Green Beans Garlic Bread
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The Balanced Bite—Served with Choice of Fruit or Cup of Soup and a Fountain Beverage

The “Bulldog” Baked Potato Toppings	Ham and Cheese Sliders Tater Tots	Pasta with Meat Sauce Garlic Bread	Chicken or Vegetable Lo Mein Egg Roll	Tater Tot Bar Toppings
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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 Italian Sub	Turkey & Cheese Croissant Cold Cut Sub Fried Chicken Wrap
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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 and Gluten Free Option

Simmer’s Soup Stop





Potato Soup	Minestrone Soup	Clam Chowder	Broccoli Cheddar	Chicken Tortilla
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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 31**Sizzle and Main-Served with Choice of Fruit and a Fountain Beverage**

Chicken Tenders
Mac and Cheese
Green Beans
Dinner Roll

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

Pasta with 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

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

Creamy 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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