

ALL MEALS ARE FREE  
TO ALL STUDENTS.

# JANUARY 2022

## COLUMBIA HIGH SCHOOL

THIS INSTITUTION IS AN EQUAL  
OPPORTUNITY PROVIDER.  
DUE TO PRODUCT AVAILABILITY,  
MENUS ARE SUBJECT TO CHANGE.

Monday	Tuesday	Wednesday	Thursday	Friday
STAFF DEVELOPMENT <b>3</b>	Mexican Pizza <b>4</b> Corn Sweet Potato Fries Pineapples/Strawberries Milk	Beef Tips over Noodles <b>5</b> Broccoli Green Beans Chilled Pears/Peaches Cookie Milk	Chicken Tenders <b>6</b> Yeast Roll Black Eyed Peas Yam Patties Orange Smiles/Apples Milk	American Sub <b>7</b> Chips Garden Salad Fruit Crisp/Kiwi Milk
Spaghetti w/ Meat Sauce <b>10</b> Garlic Toast Green Beans Apple Delicious/Pears Milk	Hamburger Steak w/ Gravy <b>11</b> Mashed Potatoes Cheesy California Veggies Yeast Roll Mandarin Oranges/Pineapples Milk	Mandarin Chicken w/ Rice <b>12</b> Chicken Nuggets Broccoli Green Peas Tropical Fruit/Peaches Roll Milk	Meatball Marinara Hoagie <b>13</b> Sweet Potato Fries Tossed Salad Blushing Pears/Orange Smiles Milk	Cheeseburger <b>14</b> French Fries Baked Beans Applesauce/Banana Milk
MARTIN LUTHER KING, JR. <b>17</b> DAY ALL SCHOOLS CLOSED	Chicken Tenders <b>18</b> Cheesy Mashed Potatoes Broccoli Yeast Roll Strawberries/Pineapples Milk	Walking Taco <b>19</b> Corn Pinto Beans Tropical Fruit/Peaches Milk	Meatloaf <b>20</b> Au Gratin Potatoes Green Beans Yeast Roll Orange Smiles/Apples Milk	Pizza <b>21</b> Garden Salad Sweet Potato Fries Kiwi/Fruit Juice Milk
Hot Dog/Corn Dog <b>24</b> French Fries Baked Beans Apple Delicious/Fruit Juice Milk	Cheesy Chicken w/ Rice <b>25</b> Chicken Nuggets Broccoli Glazed Carrots Garlic Toast Tropical Fruit/Pears Milk	Country Fried Steak w/ Gravy <b>26</b> Parsley Buttered New Potatoes Green Beans Yeast Roll Peaches/Pineapples Milk	White Chicken Chili <b>27</b> Mexican Cornbread Garden Salad Baby Carrots w/ Dip Applesauce/Mandarin Oranges Milk	Sloppy Joe <b>28</b> French Fries Coleslaw Orange Smiles/Banana Milk
Red Beans & Rice <b>31</b> Southern Greens Cornbread Baby Carrots w/ Dip Peaches/Pears Milk	<p><b><u>SALADS OFFERED DAILY/SERVED WITH 2</u></b> <b><u>PACKAGES OF CRACKERS</u></b></p> <ul style="list-style-type: none"> <li>MONDAY – TUNA SALAD</li> <li>TUESDAY – CHICKEN SALAD</li> <li>WEDNESDAY – CHEF SALAD</li> <li>THURSDAY – CHICKEN TENDER SALAD</li> <li>FRIDAY – GRILLED CHICKEN SALAD</li> </ul>			

**BREAKFAST MENU:**

**SERVED DAILY: CEREAL/CEREAL BAR, POP-TARTS, MUFFINS, ASSORTED FRUIT, FRUIT JUICE, MILK**

MONDAY: FRENCH TOAST STICKS  
TUESDAY: SAUSAGE & BISCUIT

WEDNESDAY: MUFFIN W/ STRING CHEESE

THURSDAY: CHICKEN & BISCUIT  
FRIDAY: DONUTS