



September Columbia Academy Lunch

Students must select three of five items including at least one fruit or vegetable.
Alternate sandwich offered daily.

Monday

2

Tuesday

3

Wednesday

4

Thursday

5

Friday

6

Beef Burger on Bun
Crinkle Cut Fry
Fresh and Canned Fruit
Milk Choices
Vegetable Choices

Stuffed Crust
Pizza Choices
Steamed Green Beans
Fresh and Canned Fruit
Milk Choices
Vegetable Choices

Turkey Corndog
Steamed Broccoli
Fresh and Canned Fruit
Milk Choices
Vegetable Choices

Chicken Alfredo Pasta
Garlic Breadstick
Caesar Salad
Fresh and Canned Fruit
Milk Choices
Vegetable Choices

9

Plain or Spicy Crispy
Chicken Sandwich
Broccoli Normandy
Buffalo Chicken Wrap
Fresh and Canned Fruit
Milk Choices
Vegetable Choices

10

Mac and Cheese
Green Peas
Buffalo Chicken Wrap
Fresh and Canned Fruit
Milk Choices
Vegetable Choices

11

Crispy Chicken Tenders
Biscuit
Mashed Potatoes
Buffalo Chicken Wrap
Fresh and Canned Fruit
Milk Choices
Vegetable Choices

12

Bosco Stick
Buffalo Chicken Wrap
Buffalo Roasted
Cauliflower
Fresh and Canned Fruit
Milk Choices
Vegetable Choices

13

Colby Cheese Omelet
French Toast Sticks
Tri-Tator
Buffalo Chicken Wrap
Fresh and Canned Fruit
Milk Choices
Vegetable Choices

16

Beef Hot Dog on Bun
Sunchips
Baked Beans
Smoked Turkey &
Cheese Flatbread
Fresh and Canned Fruit
Milk Choices
Vegetable Choices

17

Personal Cheese or
Turkey Pepperoni Pizza
Roasted Italian Broccoli
and Tomatoes
Smoked Turkey &
Cheese Flatbread
Fresh and Canned Fruit
Milk Choices
Vegetable Choices

18

Sloppy Joes
Steamed Carrots
Smoked Turkey &
Cheese Flatbread
Fresh and Canned Fruit
Milk Choices
Vegetable Choices

19

Baked Riagtoni
Garlic Toast
Steamed Broccoli
Smoked Turkey &
Cheese Flatbread
Fresh and Canned Fruit
Milk Choices
Vegetable Choices

20

Chicken Wings
Corn Kernals
Macaroni Salad
Smoked Turkey &
Cheese Flatbread
Fresh and Canned Fruit
Milk Choices
Vegetable Choices

23

Zesty Orange Chicken
Brown Rice
Broccoli Normandy
Chicken Caesar Wrap
Fresh and Canned Fruit
Milk Choices
Vegetable Choices

24

Crispy Chicken Drumstick
WG Chocolate Chip Cookie
Roasted Green Beans
Chicken Caesar Wrap
Fresh and Canned Fruit
Milk Choices
Vegetable Choices

25

Meatball Sub Sandwich
Honey Sriracha
Brussels Sprouts
Chicken Caesar Wrap
Fresh and Canned Fruit
Milk Choices
Vegetable Choices

26

Walking Taco
Refried Beans
Chicken Caesar Wrap
Fresh and Canned Fruit
Milk Choices
Vegetable Choices

27

Garlic Cheesy Bread
Green Peas
Caesar Salad
Chicken Caesar Wrap
Fresh and Canned Fruit
Milk Choices
Vegetable Choices

30

Beef Burger on Bun
Crinkle Cut Fry
Fresh and Canned Fruit
Milk Choices
Vegetable Choices

Did your student receive free meals last year? To keep receiving these meals you must reapply each year! Your student will lose their free meal status October 1st unless you reapply!
Apply line at <https://lobby.wordwareinc.com/> or pick up an application from your school's office. Call 763-528-4520 with questions.
Menus subject to change. USDA is an equal opportunity employer and provider.