



Columbia Central

Menus are subject to change.



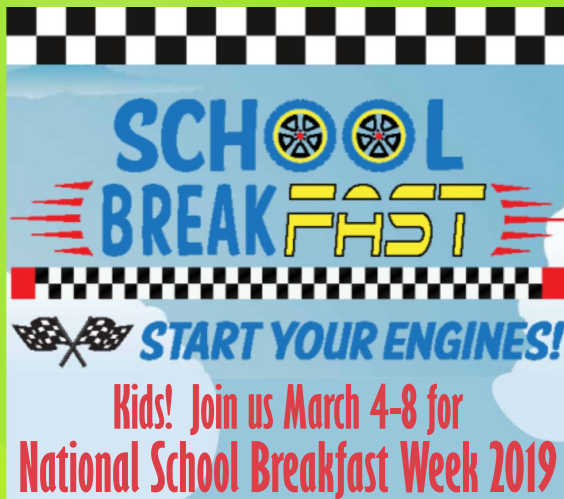
Friday, March 1

Breakfast

Cereal Bowl

Lunch

Chef's Choice



Monday, March 4

Breakfast

Cereal Bowl

Lunch

Chicken Patty
OR
Bosco Sticks

Sweet Potato Fries
Fruit
Milk

Tuesday, March 5

Breakfast

Waffles

Lunch

Beef and Cheese Nacho
OR
Ham and Cheese Panini

Celery
Fruit
Milk

Wednesday, March 6

Breakfast

Breakfast Pizza

Lunch

Cowboy Cavatini
OR
Chicken Ranch Wrap

Broccoli
Fruit
Milk

Thursday, March 7

Breakfast

Apple Bosco

Lunch

Deluxe Cheeseburger
OR
Chicken Slider

Baked Beans
Fruit
Milk

Friday, March 8

Breakfast

Cereal Bowl

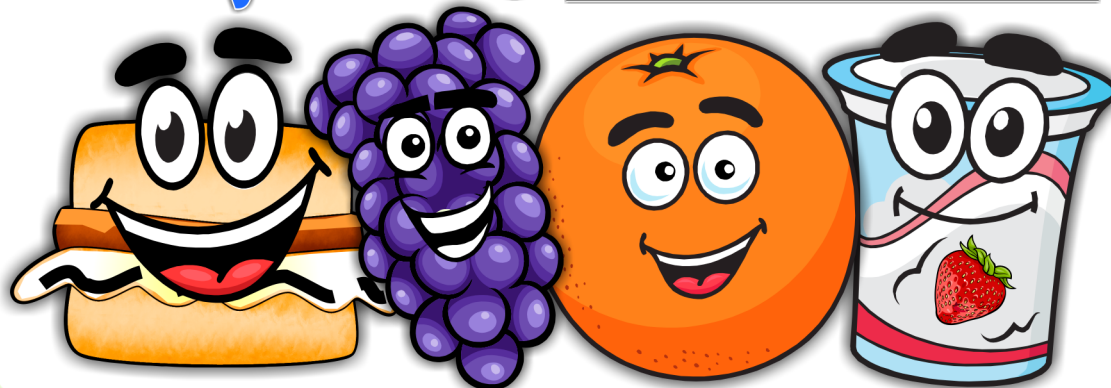
Lunch

NO

LUNCH

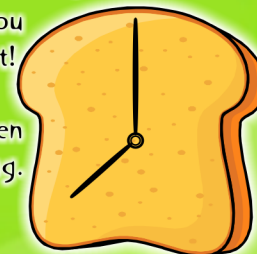
SERVED

come join us for Breakfast@School



OFF THE CLOCK.

A clock can't always tell you when it's time for breakfast! Eat at home, before you start your day. Or eat when you get where you're going. Or eat something mid-morning. Research even suggests kids learn and feel better when they eat TWO smaller healthy breakfasts.



**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!**

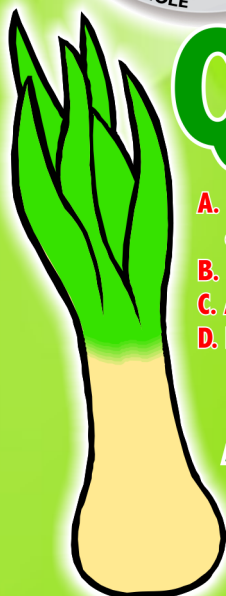
Spring Forward



Sunday, March 10



What's on **YOUR** plate?



Q: What can you do with a **LEEK?!**

- A. Stick your finger in it until help comes!
- B. Call a plumber to fix it!
- C. ABANDON SHIP!
- D. None of the above

A: The answer is D – none of the above. The other choices are all **LEAKS**, not **LEEKS**! Leeks are mild-flavored veggies related to onions that are often used to flavor soups, but can also be enjoyed sliced and sauteed!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, March 11

Breakfast
Cereal Bowl

Lunch
Chicken Nuggets
OR
Grilled Cheese

Carrots
Fruit
Milk

Tuesday, March 12

Breakfast
Pancakes

Lunch
Cheesy Bean Twister
OR
Alfredo Pasta

Italian Green Beans
Fruit
Milk

Wednesday, March 13

Breakfast
Breakfast Pizza

Lunch
Build a Sub

Green Peas
Fruit
Milk

Thursday, March 14

Breakfast
Egg and Cheese Muffin

Lunch
Hotdog on a Bun
OR
BBQ Chicken Sandwich

Sweet Potato Fries
Fruit
Milk

Friday, March 15

Breakfast
Cereal Bowl

Lunch
Chef's Choice

Monday, March 18

Breakfast
Cereal Bowl

Lunch
Chicken Patty on a Bun
OR
Macaroni and Cheese

Fries
Fruit
Milk

Tuesday, March 19

Breakfast
Waffles

Lunch
Taco Pie
OR
Fish Sandwich

Red Peppers
Fruit
Milk

Wednesday, March 20

Breakfast
Breakfast Pizza

Lunch
Pizza Day

Navy Beans
Fruit
Milk

Thursday, March 21

Breakfast
Omelet W/ Bagel

Lunch
Chicken Ala King
OR
Walking Taco

Side Salad
Fruit
Milk

Friday, March 22

Breakfast
Cereal Bowl

Lunch
Chef's Choice

Monday, March 25

Breakfast
Cereal Bowl

Lunch
Chicken Nuggets
OR
Buffalo Chicken Sandwich

Mashed Sweet Potatoes
Fruit
Milk

Tuesday, March 26

Breakfast
Pancakes

Lunch
Cheese Quesadillas
OR
Chipotle Bowl

Sliced Cucumbers
Fruit
Milk

Wednesday, March 27

Breakfast
Breakfast Pizza

Lunch
Pizza Day

Spinach Salad
Fruit
Milk

Thursday, March 28

Breakfast
French Toast

Lunch
Beef Stroganoff
OR
Beef and Bean Burrito

Red Beans
Fruit
Milk

Friday, March 29

Breakfast
Cereal Bowl

Lunch
Chef's Choice

