

# 2023

# January

## COLUMBUS PREP LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
26	27	28	29	30	31	01
02	03	04 Pizza Salad Carrots Fruit Cup	05 Turkey & Cheese Sandwich Pickles Chips Fruit Cups	06 Cheeseburger +Fries Pickles Assorted Fruit	07	08
09 Chix Nuggets Fries Sweet Treat Assorted Fruit	10 Pizza Salad Carrots Fruit Cup	11 <b>WALKING TACO</b> Beef Burrito Corn Fruit Cup	12 Chix Salad Sandwich Mixed Veggies Chips Fruit Cup	13 BBQ Meatball Sub Green Beans Fruit Cup	14	15
16	17 Pizza Salad Carrots Fruit Cup	18 Hot Dog Baked Beans WG Cookie Fruit Cup	19 Chicken Burrito Corn Fruit Cup	20 Sloppy Joe + Fries Fruit Cup	21	22
23 Mac & Cheese + Chix Fingers & Broccoli Assorted Fruit	24 Pizza Salad Carrots Fruit Cup	25 <b>WALKING TACO</b> Beef Burrito Corn Fruit Cup	26 Grilled Chix Wrap Salad WG Cookies Fruit Cup	27 Roast Beef & Cheese Sandwich Pickles Chips Fruit Cups	28	29
30 Cheeseburger +Fries Pickles Assorted Fruit	31 Pizza Salad Carrots Fruit Cup	<b>Notes:</b> Milk is included with meal. Choose from Fat Free White, FF Chocolate Milk, Vanilla or Chocolate Soy Milk. <b>Assorted Fruit Cups or Fresh Fruit served with lunch.</b> Menus are subject to change due to availability of foods or unplanned school closings. <b>THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.</b> <b>Contact: Melissa Bryant 614.747.0196</b> <b>PLANT-BASED OPTIONS AVAILABLE</b>				