



NOVEMBER

Columbus Prep LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
Carb grams indicated in ORANGE. Milk offered with each meal: 1% Milk 12g or Fat Free Chocolate 24g.	High schoolers may take (2) 4 oz Fruit cups or (2) of the whole fruit option	WG Corn Dog 25g Veg Baked Beans 30g Mixed Fruit Cup 22g Cal: 510 Sodium: 649mg Sugar: 67g	Pizza Day WG Pizza Slice 23g Mixed Green Salad 4g WG Cookie 18g Apple 18g Cal: 420 Sodium: 530mg Sugar: 31g	Turkey & Cheese SUB on a WG Bun 27g Chips + Carrots 19g/4g Banana 27g Cal: 455 Sodium: 765mg Sugar: 23g
6	7	8	9	10
Chicken Stir-Fry 20g Caribbean Veggies 3g Fortune Cookie 16g Banana 27g Cal: 385 Sodium: 265mg Sugar: 32g	Turkey & Cheese SUB on a WG Bun 27g Chips + Carrots 19g/4g Pineapples 27g Cal: 455 Sodium: 765mg Sugar: 23g	Taco Wednesday Chix Walking Taco 4g Corn & Bean Salad 19g Mixed Fruit Cup 22g Cal: 485 Sodium: 655mg Sugar: 26g	Pizza Day WG Pizza Slice 23g Mixed Green Salad 4g WG Cookie 18g Apple 18g Cal: 420 Sodium: 530mg Sugar: 31g	Turkey & Cheese SUB on a WG Bun 27g Chips + Carrots 19g/4g Banana 27g Cal: 455 Sodium: 765mg Sugar: 23g
13	14	15	16	17
Mac & Cheese 31g Broccoli 3g Cornbread Muffin 24g Pear 25g Cal: 387 Sodium: 424mg Sugar: 21g	Pizza Day WG Pizza Slice 23g Spinach Salad 4g WG Cookie 18g Peaches 18g Cal: 420 Sodium: 530mg Sugar: 31g	Taco Wednesday Chix Taco on a 1g WG Tortilla 21g Corn & Bean Salad 19g Mixed Fruit Cup 22g Cal: 420 Sodium: Sugar: 22g	Pizza Day WG Pizza Slice 23g Mixed Green Salad 4g WG Cookie 18g Apple 18g Cal: 420 Sodium: 530mg Sugar: 31g	Turkey & Cheese SUB on a WG Bun 27g Chips + Carrots 19g/4g Banana 27g Cal: 455 Sodium: 765mg Sugar: 23g
20	21	22	23	24
Mac & Cheese 31g Broccoli 3g Cornbread Muffin 24g Pear 25g Cal: 387 Sodium: 424mg Sugar: 21g	Pizza Day WG Pizza Slice 23g Spinach Salad 4g WG Cookie 18g Peaches 18g Cal: 420 Sodium: 530mg Sugar: 31g	T'GIVING BREAK NO SCHOOL	T'GIVING BREAK NO SCHOOL	T'GIVING BREAK NO SCHOOL
27	28	29	30	
Rice & Stew 36g Mixed Veggies 7g WG Bread 24g Mixed Fruit Cup 22g Cal: 535 Sodium 215mg Sugar: 9g	Pizza Day WG Pizza Slice 23g Spinach Salad 4g WG Cookie 18g Peaches 18g Cal: 420 Sodium: 530mg Sugar: 31g	Taco Wednesday Chix Taco on a 1g WG Tortilla 21g Corn & Bean Salad 19g Mixed Fruit Cup 22g Cal: 420 Sodium: Sugar: 22g	Pizza Day WG Pizza Slice 23g Mixed Green Salad 4g WG Cookie 18g Apple 18g Cal: 420 Sodium: 530mg Sugar: 31g	VEGAN OPTIONS OFFERED DAILY
Menus are subject to change due to availability of food or unplanned school closings. THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER Contact THERESA BARNES 937-239-1453 or SAM BARNES 937-238-2510				