

APRIL

Columbus Prep LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
	TACO Tuesday Chix Burrito 25g Corn 19g Pears 25g Cal: 461 Sodium: 727mg Sugars :22g	Hot Dog 3g on a WG Bun 25g Veg Baked Beans 30g Fruit Slushie 22g Cal: 510 Sodium: 649mg Sugar: 23g	Pizza Day WG Pizza Slice 23g Spinach Salad 4g WG Cookie 18g Apple 18g Cal: 420 Sodium: 530mg Sugars: 31g	Turkey & Cheese WRAP In a WG Tortilla 24g Mixed Veggies 19g Banana 27g Cal: 478 Sodium: 765mg Sugar: 23g
8	9	10	11	12
Chzburger on a WG Bun 30g Veg Baked Beans 30g Fruit Slushie 22g Cal: 510 Sodium: 844mg Sugar: 34g	TACO Tuesday Chix Walking Taco 4g Corn 19g Mixed Fruit Cup 22g Cal: 485 Sodium: 655mg Sugars: 26g	BBQ Meatball Sub 22g on a WG Bun 28g Mixed Vegetables 10g Banana 27g Cal: 700 Sodium: 880 Sugar: 33g	Pizza Day WG Pizza Slice 23g Spinach Salad 4g WG Cookie 18g Apple 18g Cal: 420 Sodium: 530mg Sugars: 31g	Chix Salad SUB in a WG Bun 29g Mixed Veggies 19g Banana 27g Cal: 455 Sodium: 765mg Sugar: 23g
15	16	17	18	19
BBQ Chix Patty 23g on a WG Bun 19g Veg Baked Beans 30g Banana 27g Cal: 579 Sodium: 786mg Sugars: 45g	TACO Tuesday Chix Burrito 25g Corn 19g Pears 25g Cal: 461 Sodium: 727mg Sugars :22g	Turkey & Cheese SUB In a WG SUB 22g Mixed Veggies 19g Banana 27g Cal: 478 Sodium: 765mg Sugar: 23g	Pizza Day WG Pizza Slice 23g Spinach Salad 4g WG Cookie 18g Apple 18g Cal: 420 Sodium: 530mg Sugars: 31g	Beef Fiestada 39g Green Beans 10g WG Cookie 18g Apple 18g Cal: 420 Sodium: 530mg Sugars: 31g
22	23	24	25	26
Chix Nuggets 14g Veg Baked Beans 30g Applesauce 17g Cal: 550 Sodium: 665mg Sugars: 70g	TACO Tuesday Chix Burrito 25g Corn 19g Pears 25g Cal: 461 Sodium: 727mg Sugars :22g	Chix Patty 13g on a WG Bun 19g Fries 20g Banana 27g Cal: 579 Sodium: 786mg Sugar:45g	Pizza Day WG Pizza Slice 23g Spinach Salad 4g WG Cookie 18g Apple 18g Cal: 420 Sodium: 530mg Sugars: 31g	Chix Salad WRAP in a WG Bun 25g Mixed Veggies 19g Banana 27g Cal: 455 Sodium: 765mg Sugar: 23g
29	30			
Hot Dog 3g on a WG Bun 25g Veg Baked Beans 30g Fruit Slushie 22g Cal: 510 Sodium: 649mg Sugar: 23g	TACO Tuesday Chix Walking Taco 24g Corn 19g Mixed Fruit Cup 22g Cal: 485 Sodium: 655mg Sugars: 26g	Vegan Options Available	High schoolers may take (2) 4 oz Fruit cups or (2) of the whole fruit option	Carb grams indicated in ORANGE. Milk offered with each meal:1% Milk 12g or Fat Free Chocolate 24g
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				

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Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
	WG Cereal Bar 30g Go-Gurt 8g Fruit Juice 20g Cal: 345 Sodium: 145mg Sugar: 48g	Donut 23g Applesauce 17g Fruit Juice 20g Cal: 290 Sodium: 320mg Sugar: 31mg	WG Muffin 30g Applesauce 17g Fruit Juice 20g Cal: 330 Sodium: 270mg Sugar: 54g	WG Pastry 25g Applesauce 17g Fruit Juice 20g Cal: 370 Sodium: 200mg Sugar: 47g
8	9	10	11	12
WG Cereal Bowl 30g Graham Cracker 11g Applesauce 17g Fruit Juice 20g Cal: 326 Sod: 270mg Sugars: 62g	WG Cereal Bar 30g Go-Gurt 8g Applesauce 17g Fruit Juice 20g Cal: 445 Sodium: 185mg Sugar: 58g	Donut 23g Applesauce 17g Fruit Juice 20g Cal: 290 Sodium: 320mg Sugar: 31mg	WG Muffin 30g Applesauce 17g Fruit Juice 20g Cal: 330 Sodium: 270mg Sugar: 54g	WG Pastry 25g Applesauce 17g Fruit Juice 20g Cal: 370 Sodium: 200mg Sugar: 47g
15	16	17	18	19
WG Cereal Bowl 30g Graham Cracker 11g Applesauce 17g Fruit Juice 20g Cal: 326 Sod: 270mg Sugars: 62g	WG Cereal Bar 30g Go-Gurt 8g Applesauce 17g Fruit Juice 20g Cal: 445 Sodium: 185mg Sugar: 58g	Donut 23g Applesauce 17g Fruit Juice 20g Cal: 290 Sodium: 320mg Sugar: 31mg	WG Muffin 30g Applesauce 17g Fruit Juice 20g Cal: 330 Sodium: 270mg Sugar: 54g	WG Pastry 25g Applesauce 17g Fruit Juice 20g Cal: 370 Sodium: 200mg Sugar: 47g
22	23	24	25	26
WG Cereal Bowl 30g Graham Cracker 11g Applesauce 17g Fruit Juice 20g Cal: 326 Sod: 270mg Sugars: 62g	WG Cereal Bar 30g Go-Gurt 8g Applesauce 17g Fruit Juice 20g Cal: 445 Sodium: 185mg Sugar: 58g	WG Donut 23g Applesauce 17g Fruit Juice 20g Cal: 290 Sodium: 320mg Sugar: 31mg	WG Muffin 30g Applesauce 17g Fruit Juice 20g Cal: 330 Sodium: 270mg Sugar: 54g	WG Pastry 25g Applesauce 17g Fruit Juice 20g Cal: 370 Sodium: 200mg Sugar: 47g
29	30			
WG Cereal Bowl 30g Graham Cracker 11g Applesauce 17g Fruit Juice 20g Cal: 326 Sod: 270mg Sugars: 62g	WG Cereal Bar 30g Go-Gurt 8g Applesauce 17g Fruit Juice 20g Cal: 445 Sodium: 185mg Sugar: 58g			

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