

January 3/4

Columbia Academy Cafe

Lunch Menu

Monday

Tuesday

Wednesday

Thursday

Friday

Sizzle and Main-Served with Choice of Fruit or Soup and a Fountain Beverage

Country Fried Steak
Sawmill Gravy
Mashed Potato
Buttered Peas & Carrots

Baked Breaded Catfish
Roast Zucchini
Breaded okra
Cornbread

The Balanced Bite-Served with Choice of Fruit or Cup of Soup and a Fountain Beverage

Shrimp Alfredo w/ Pasta
Fresh Vegetable

Orange Glazed Chicken
Steamed Rice

SproutBerry's Deli-Sandwich Meals Served with Chips or Fries and Fountain Beverage

Turkey and Cheese Croissant
Chicken Salad Sandwich
Tuna Salad Sandwich

Turkey and Cheese Croissant
Ham and Swiss Sandwich
Chicken Caesar Wrap

Rosemary Wilds-Served with a Choice of Fruit or Cup of Soup and Fountain Beverage

Fresh Baked Cheese and Pepperoni Pizza with Daily Specials

Simmer's Soup Stop

Loaded Potato

Chicken Noodle

Gordon's Grill –Served with Fries or Chips and a Fountain Beverage

Fresh Grilled Hamburgers, Chicken Sandwiches, , French Fries and Daily Specials

Ala Carte Offerings-Available Everyday

Whole Fresh Fruit, Fresh Cut Fruit Cups, Yogurt Cups, Bottled Beverages, Fountain Beverages, Half Pints of Milk, Bottled Water, Assorted Chips, Ice Cream Novelties, Fresh Baked Cookies



*ChefAdvantage is committed to serving
Nutritious and Delicious Meals!*
Locally sourced ingredients whenever possible
No High Fructose Corn Syrup, Trans Fats, or MSG



January 7-11

Columbia Academy Cafe

Lunch Menu

Monday

Tuesday

Wednesday

Thursday

Friday

Sizzle and Main-Served with Choice of Fruit or Soup and a Fountain Beverage

*Smothered Hamburger Steak
Smashed Potatoes
Glazed Baby Carrots
Fresh Baked Roll*

*Rotisserie Style Chicken Legs
Roasted Potato and Gravy
Squash and Zucchini
Fresh Baked Roll*

*Grilled All Beef Hot Dogs
Macaroni and Cheese
Chili and Cheese
Baked Potato Bar*

*Spaghetti with Meat Sauce
Caesar Salad
Garlic Breadstick*

*Mini Corn Dogs
Green Beans
French Fries*

The Balanced Bite-Served with Choice of Fruit or Cup of Soup and a Fountain Beverage

*Chicken Teriyaki with Vegetables
Steamed Rice*

*Chicken & Sausage Jambalaya
White Rice*

*Pepper Steak
Roasted Vegetables*

*Penne Chicken Alfredo
Vegetable Medley*

*Spaghetti and Meatballs
Market Salad*

SproutBerry's Deli-Sandwich Meals Served with Chips or Fries and Fountain Beverage

*Ham and Cheddar Sandwich
Turkey and Cheese Croissant
Egg Salad Sandwich*

*Turkey and Cheese Croissant
Crispy Chicken Wrap*

*Chicken Salad Croissant
Turkey and Cheese Croissant
Turkey Club Wrap*

*Turkey and Cheese Croissant
Tuna Salad Wrap*

*Ham and Swiss Sandwich
Turkey and Cheese Croissant
Chicken Caesar Wrap*

Rosemary Wilds-Served with a Choice of Fruit or Cup of Soup and Fountain Beverage

Fresh Baked Cheese and Pepperoni Pizza with Daily Specials

Simmer's Soup Stop

Cream of Tomato

Chicken Noodle

Loaded Potato

Tomato Basil

Broccoli Cheddar

Gordon's Grill –Served with Fries or Chips and a Fountain Beverage

Fresh Grilled Hamburgers, Chicken Sandwiches, , French Fries and Daily Specials

Ala Carte Offerings-Available Everyday

Whole Fresh Fruit, Fresh Cut Fruit Cups, Yogurt Cups, Bottled Beverages, Fountain Beverages, Half Pints of Milk, Bottled Water, Assorted Chips, Ice Cream Novelties, Fresh Baked Cookies



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January 14-18

Columbia Academy Cafe

Lunch Menu

Monday

Tuesday

Wednesday

Thursday

Friday

Sizzle and Main-Served with Choice of Fruit or Soup and a Fountain Beverage

*Beef Soft Tacos
Spanish Rice
Refried Beans
Buttered Corn*

*Grilled Ham Steak
Au Gratin Potato
Southern Green Beans
Dinner Zroll*

*Asian Chicken Thighs
Stir Fry Rice
Eggroll
Broccoli*

*Chicken Tenders
Macaroni and Cheese
Mixed Vegetable
Dinner Roll*

*Beef Fajitas
Seasoned Black Beans
Tortillas
Spanish Rice*

The Balanced Bite-Served with Choice of Fruit or Cup of Soup and a Fountain Beverage

*Chicken and Broccoli Stir Fry
Steamed Rice*

*Italian Sausage and Pepper
Pasta Baked Cauliflower*

*Chicken and Bowtie Pasta
Fresh Vegetable Medley*

*Spaghetti with Meat Sauce
Market Salad*

*Shrimp Pesto Pasta
Mixed Vegetable*

SproutBerry's Deli-Sandwich Meals Served with Chips or Fries and Fountain Beverage

*Ham and Cheddar Sandwich
Turkey and Cheese Croissant
Egg Salad Sandwich*

*Turkey and Cheese Croissant
Crispy Chicken Wrap*

*Chicken Salad Croissant
Turkey and Cheese Croissant
Turkey Club Wrap*

*Turkey and Cheese Croissant
Tuna Salad Wrap*

*Turkey and Cheese Croissant
Ham and Swiss Sandwich
Chicken Caesar Wrap*

Rosemary Wilds-Served with a Choice of Fruit or Cup of Soup and Fountain Beverage

Fresh Baked Cheese and Pepperoni Pizza with Daily Specials

Simmer's Soup Stop

White Bean & Ham

Tomato Basil

Potato Corn Chowder

Chicken and Dumplings

Loaded Potato Soup

Gordon's Grill –Served with Fries or Chips and a Fountain Beverage

Fresh Grilled Hamburgers, Chicken Sandwiches, , French Fries and Daily Specials

Ala Carte Offerings-Available Everyday

Whole Fresh Fruit, Fresh Cut Fruit Cups, Yogurt Cups, Bottled Beverages, Fountain Beverages, Half Pints of Milk, Bottled Water, Assorted Chips, Ice Cream Novelties, Fresh Baked Cookies



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January 21-25

Columbia Academy Cafe

Lunch Menu

Monday

Tuesday

Wednesday

Thursday

Friday

Sizzle and Main-Served with Choice of Fruit or Soup and a Fountain Beverage

MLK DAY

*BBQ Pork Sandwich
Roasted Potato
Baked Beans
Roasted Vegetable Medley*

*Honey Balsamic Chicken Thigh
Macaroni and Cheese
Green Beans*

*Herbed Pork Chop
Spiced Apples
Roasted Brussel Sprout
Mashed Sweet Potato*

*Cheese Stuffed Shells
Marinara Sauce
Garlic Breadsticks
Market Salad*

The Balanced Bite-Served with Choice of Fruit or Cup of Soup and a Fountain Beverage

*Penne with Meat Sauce
Sautéed Green Beans*

*Chicken Noodle Casserole
Roasted Vegetable*

*American Chop Suey
Mixed Vegetable*

*Chicken Oreganato
Garlic Pasta*

SproutBerry's Deli-Sandwich Meals Served with Chips or Fries and Fountain Beverage

*Turkey and Cheese Croissant

Crispy Chicken Wrap*

*Chicken Salad Croissant
Turkey and Cheese Croissant
Turkey Club Wrap*

*Turkey and Cheese Croissant
Chicken and Cheddar Sandwich*

*Ham and Swiss Sandwich
Turkey and Cheese Croissant*

Rosemary Wilds-Served with a Choice of Fruit or Cup of Soup and Fountain Beverage

Fresh Baked Cheese and Pepperoni Pizza with Daily Specials

Simmer's Soup Stop

Loaded Potato

Chicken Noodle

Tomato Florentine

Spit Pea and Ham

Gordon's Grill –Served with Fries or Chips and a Fountain Beverage

Fresh Grilled Hamburgers, Chicken Sandwiches, , French Fries and Daily Specials

Ala Carte Offerings-Available Everyday

Whole Fresh Fruit, Fresh Cut Fruit Cups, Yogurt Cups, Bottled Beverages, Fountain Beverages, Half Pints of Milk, Bottled Water, Assorted Chips, Ice Cream Novelties, Fresh Baked Cookies



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