

Feb. 25– Mar.1

# Columbia Academy Cafe

Lunch Menu

Monday

Tuesday

Wednesday

Thursday

Friday

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

*Grilled Pizza Sandwich  
French Fries  
Caesar Salad  
Green Bean*

*Chicken Parmesan  
Pasta with Sauce  
Buttered Peas  
Garlic Bread Stick*

*Pot Roast  
Mashed Potato  
Glazed Carrots  
Baked Potato Bar*

*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*

*Chicken Stir Fry Rice  
Steamed Broccoli*

*Taco Pasta  
Garden Vegetables*

*Shrimp Alfredo over pasta  
Garlic Green Beans*

*Spaghetti with Meat Sauce  
Garden Vegetables*

*Orange Glazed Chicken  
Steamed Rice*

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

*Turkey and cheese croissant  
Ham and cheddar sandwich  
Egg Salad sandwich*

*Turkey and Cheese Croissant  
Crispy Chicken Wrap*

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

*Turkey and Cheese Croissant  
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*

*Tomato Bisque*

*Homemade Chili*

*Lemon Chicken and Rice*

*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*



March 4-8

# 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  
Hot Dog Chili  
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*

*Pasta and Meatballs  
Garden Vegetable*

*Penne Chicken Alfredo  
Vegetable Medley*

*Pepper Steak  
Steamed Rice*

*Chicken and Sausage Jambalaya  
White Rice*

## *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*



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



March 11-15

# 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*

*Meatloaf  
Au Gratin Potato  
Southern Green Beans  
Dinner roll*

*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*

*Italian Sausage / Pepper Pasta  
Baked Cauliflower*

*Chicken and Broccoli Stir Fry  
Steamed Rice*

*Pasta Primavera  
Market Salad*

*Shrimp/ Tomato Pesto Pasta  
Fresh Vegetable Medley*

*Chicken and Bowtie 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*

*Chicken Vegetable*

*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*



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



March 18-22

# Columbia Academy Cafe

Lunch Menu

Monday

Tuesday

Wednesday

Thursday

Friday

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

*Cheese Stuffed Shells  
Marinara Sauce  
Garlic Bread Sticks  
Market Salad*

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

*Honey Balsamic Chicken Thigh  
Macaroni and Cheese  
Green Beans*

*Swiss Steak with Tomato Gravy  
Roasted Brussel Sprout  
Mashed Sweet Potato*

*Monterey Chicken  
Rice Pilaf  
Glazed Carrot  
Dinner Roll*

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

*Cheesy Chicken  
Spanish Rice*

*Penne with Meat Sauce  
Sautéed Green Beans*

*Chicken Noodle Casserole  
Roasted Vegetable*

*American Chop Suey  
Mixed Vegetable*

*Chicken Teriyaki  
Steamed Rice*

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

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

*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*

*Corn Chowder*

*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*



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

