

October 2026

SECONDARY

MENU

***DHS, High Road and Roseta unless indicated:**
****Roseta and High Road**

**Columbia Public Schools
is an Equal Opportunity
Employer and Provider**

Menus subject to change

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<u>Daily Entrées every Monday:</u> MS: Boscos, Caesar Burgers, PBJ HS: Boscos, Chicken Patty, Caesar Salad, PBJ, Tenders	<u>Daily Entrées every Tuesday:</u> MS: Pizza, Caesar Salad, PBJ HS: Pizza, Burgers, Caesar Salad, PBJ, Tenders	<u>Daily Entrées every Wednesday:</u> MS: Pizza, Caesar Salad, PBJ HS: Pizza, Burgers, Caesar Salad, PBJ, Tenders	<u>Daily Entrées every Thursday:</u> MS: Pizza, Chicken Patty, PBJ HS: Pizza, Chicken Patty, Caesar Salad, PBJ, Tenders	<u>Daily Entrées every Wednesday:</u> MS: Boscos, Burgers, PBJ HS: Boscos, Burgers, Caesar Salad, PBJ, Tenders
<u>28</u> Pizza Crunchers* OR Daily Entrées* Spaghetti Dipping Sauce, Seasoned Peas, Garden Bar with Fresh Red Peppers, Mixed Fruit, Fresh Fruit, Low Fat Milk	<u>29</u> Chicken Tenders* OR Daily Entrées* Dipping Sauces, Mashed Potatoes with Gravy, Green Beans, Garden Bar with Celery Sticks, Whole Grain Oatmeal Granola, Pears, Fresh Fruit, Low Fat Milk	<u>30</u> Chicken Sausages with Waffles or Pancakes* OR Daily Entrées * Hot Spiced Apples, Garden Bar, with Baby Carrots, Cucumber, Mixed Fruit, Fresh Fruit, Low Fat Milk	<u>1</u> General Tso's Chicken with Brown Rice* OR Daily Entrées* Steamed Broccoli, Garden Bar with Grape Tomatoes, Mandarin Oranges, Fresh Fruit, Low Fat Milk	<u>2</u> Parmesan Garlic Chicken Alfredo with Garlic Bread* OR Daily Entrées* Seasoned Green Beans, Garden Bar with Grape Tomatoes, Applesauce, Fresh Fruit, Low Fat Milk
<u>5</u> Buffalo Chicken Stuffed Sandwich* OR Daily Entrées* French Fries, Garden Bar with Grape Tomatoes, Fresh Fruit, Low Fat Milk	<u>6</u> Chicken Tenders* OR Daily Entrées* Dipping Sauces, Mashed Potatoes with Gravy, Green Beans, Garden Bar with Celery Sticks, Whole Grain Oatmeal Granola, Pears, Fresh Fruit, Low Fat Milk	<u>7</u> Pizza Crunchers* OR Daily Entrées * Spaghetti Dipping Sauce, Seasoned Peas, Garden Bar with Baby Carrots, Applesauce, Fresh Fruit, Low Fat Milk	<u>8</u> BBQ Chicken Teriyaki with Brown Rice* OR Daily Entrées* Seasoned Broccoli, Garden Bar with Cucumber, Pineapple Tidbits, Fresh Fruit, Low Fat Milk	<u>9</u> Three Cheese Mac and Cheese* OR Daily Entrées * Green Beans, Garden Bar with Red or Orange Fresh Peppers, Whole Grain Oatmeal Granola, Peaches, Fresh Fruit, Low Fat Milk
<u>12</u> Chicken Empanada OR Daily Entrées * Seasoned Corn, Garden Bar with Baby Carrots, Applesauce, Fresh Fruit, Whole Grain Oatmeal Granola, Low Fat Milk	<u>13</u> Chicken Tenders* OR Daily Entrées* Dipping Sauces, Mashed Potatoes with Gravy, Green Beans, Garden Bar with Celery Sticks, Whole Grain Oatmeal Granola, Pears, Fresh Fruit, Low Fat Milk	<u>14</u> Chicken and Waffles* OR Daily Entrées * Garden Bar, with Cucumber, Peaches, Fresh Fruit, Low Fat Milk	<u>15</u> Mandarin Orange Chicken with Brown Rice* OR Daily Entrées* Steamed Broccoli, Garden Bar with Cucumber, Pineapple Tidbits, Fresh Fruit, Low Fat Milk	<u>16</u> No School
<u>19</u> Wild Mikes Cheese Bites* OR Daily Entrées* Spaghetti Dipping Sauce, Seasoned Corn, Garden Bar with Cucumber, Peaches, Fresh Fruit, Low Fat Milk	<u>20</u> Chicken Tenders* OR Daily Entrées * Dipping Sauces, Mashed Potatoes with Gravy, Green Beans, Garden Bar with Celery Sticks, Whole Grain Oatmeal Granola, Pears, Fresh Fruit, Low Fat Milk	<u>21</u> Beef Tacos OR Daily Entrées * Ranchero Beans, Garden Bar with Romain Lettuce, Berries, Fresh Fruit, Low Fat Milk	<u>22</u> Sweet & Sour Chicken with Brown Rice* OR Daily Entrées* Steamed Broccoli, Garden Bar with Baby Carrots, Mandarin Oranges, Fresh Fruit, Low Fat Milk	<u>23</u> BBQ Pork Rib on Bun* OR Daily Entrées* French Fries, Garden Bar with Grape Tomatoes, Applesauce, Fresh Fruit, Low Fat Milk
				<u>Continued on page 2</u>

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<u>26 Pizza Crunchers*</u> OR Daily Entrées* Spaghetti Dipping Sauce, Seasoned Peas, Garden Bar with Fresh Red Peppers, Mixed Fruit, Fresh Fruit, Low Fat Milk	<u>27 Chicken Tenders*</u> OR Daily Entrées* Dipping Sauces, Mashed Potatoes with Gravy, Green Beans, Garden Bar with Celery Sticks, Whole Grain Oatmeal Granola, Pears, Fresh Fruit, Low Fat Milk	<u>28 Chicken Sausages with Waffles or Pancakes*</u> OR Daily Entrées * Hot Spiced Apples, Garden Bar, with Baby Carrots, Cucumber, Mixed Fruit, Fresh Fruit, Low Fat Milk	<u>29 General Tso's Chicken with Brown Rice*</u> OR Daily Entrées* Steamed Broccoli, Garden Bar with Grape Tomatoes, Mandarin Oranges, Fresh Fruit, Low Fat Milk	<u>30</u> No School
CPS Nutrition Services is HIRING! Please join our team Apply online: cpsk12.org/currentjobs		Allergen Advisory: We cannot guarantee that our food is free from any allergens because we use shared space and equipment.		