







KIPP COLUMBUS

KCH LUNCH MENU	MONDAY Dec 2 nd	TUESDAY Dec 3 rd	WEDNESDAY Dec 4 th	THURSDAY Dec 5 th	FRIDAY Dec 6 th
	Macaroni & Cheese BBQ Chicken Bowl (55g)	Burrito Bowl(79g)	Whole Grain Chicken Drumsticks with Carrots (22g)	Pasta & Meatballs with Broccoli (27g)	Bag Lunch
	Grilled Chicken Sandwich (29g)	Cheesesteak Quesadilla (32g)	BBQ Chicken Sandwich (49g)	Cheeseburger with Onion Rings (40g)	Bag Lunch
	Cheese Pizza (47g) Turkey Pepperoni Pizza (23g)	Cheese Pizza (47g) Turkey Pepperoni Pizza (23g)	Cheese Pizza (47g) Turkey Pepperoni Pizza (23g)	Four Cheese Pizza (34g) Specialty Pizza (34g)	Bag Lunch
	Crunchy Hawaiian Wrap (33g)	Tuna Salad Sandwich (33g)	Chicken Salad Sandwich (35g)	Hot Italian Turkey Hoagie (35g)	Bag Lunch
	Chopped Romaine, Baby Spinach, Spring Mix, Broccoli, Carrots (3g), Cherry Tomatoes, Cucumbers, Green and Red Peppers, Red Onion (2g), Black Beans (4g), Garbanzo Beans (6g), Shredded Cheese, Sunflower Seeds (4g), Salad Dressing: Ranch (3g), Italian, Balsamic				
EVERYDAY OPTIONS	Available for Breakfast and Lunch Rotation of fresh fruits, including: Apples (27g), Bananas (27g), Grapes (16g), Oranges (17g) Fluid Milk: 1% White Milk (12g), Chocolate Milk (22g)				

KCH BREAKFAST MENU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Turkey Bacon, Egg, & Cheese Burrito (31g)	Maple Waffles (35g)	Chicken Sausage & Cheese Biscuit (25g)	Pancakes & Turkey Bacon (41g)	Egg & Cheese English Muffin (23g)
EVERYDAY OPTIONS	House-made Muffin (64g) Yogurt Parfait (44g)				

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Questions or special requests regarding food sensitivities?

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Julie Marsh, MS, RDN, LD

Resident Director

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KIPP COLUMBUS

KCH LUNCH MENU	MONDAY Dec 9 th	TUESDAY Dec 10 th	WEDNESDAY Dec 11 th	THURSDAY Dec 12 th	FRIDAY Dec 13 th
	Chicken Tenders and Crinkle Fries (29g)	Popcorn Chicken Bowl with Mashed Potatoes and Corn (48g)	Chicken, Kale, Sweet Potato, & Rice Bowl with Chipotle Ranch (72g)	Spaghetti & Meatballs with Broccoli and Breadstick (65g)	Bag Lunch
	Chicken Quesadilla Onion Rings (59g)	BBQ Beef Riblet Sandwich with Fries (52g)	Buffalo Chicken Sandwich with Onion Rings (43g)	Sloppy Joe with Fries (53g)	Bag Lunch
	Cheese Pizza (34g) Turkey Pepperoni Pizza (23g)	Cheese Pizza (34g) Turkey Pepperoni Pizza (23g)	Cheese Pizza (34g) Turkey Pepperoni Pizza (23g)	Four Cheese Pizza (34g) Specialty Pizza (34g)	Bag Lunch
	Turkey & Cheese Wrap (32g)	Turkey Pepperoni Sandwich (30g)	Grilled Turkey, Ham, Cheese, & Tomato Sandwich (30g)	Ranch Chicken Wrap (34g)	Bag Lunch
	Chopped Romaine, Baby Spinach, Spring Mix, Broccoli, Carrots (3g), Cherry Tomatoes, Cucumbers, Green and Red Peppers, Red Onion (2g), Black Beans (4g), Garbanzo Beans (6g), Shredded Cheese, Sunflower Seeds (4g), Salad Dressing: Ranch (3g), Italian, Balsamic				
EVERYDAY OPTIONS	Available for Breakfast and Lunch Rotation of fresh fruits, including: Apples (27g), Bananas (27g), Grapes (16g), Oranges (17g) Fluid Milk: 1% White Milk (12g), Chocolate Milk (22g)				

KCH BREAKFAST MENU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 8:00 a.m. – 8:40 a.m.	Turkey Bacon, Egg, & Cheese Burrito (31g)	Maple Waffles (35g)	Chicken Sausage & Biscuit (25g)	Bagel (28g) & Oatmeal (21g)	Egg & Cheese English Muffin (23g)
EVERYDAY OPTIONS	House-made Muffin (64g) Yogurt Parfait (44g)				

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KIPP COLUMBUS

KCH LUNCH MENU	MONDAY Dec 16 th	TUESDAY Dec 17 th	WEDNESDAY Dec 18 th	THURSDAY Dec 19 th	FRIDAY Dec 20 th
	Macaroni & Cheese BBQ Chicken Bowl with Baked Beans (55g)	Beef Tacos & Steamed Corn (57g)	Chicken Legs & Roasted Carrots (34g)	Sweet and Sour Meatballs (20 g)	Bag Lunch
	Cheese Quesadilla (29g)	Crispy Chicken Sandwich (35g)	Meatball Sub (37g)	Chicken Parmesan (14g)	Bag Lunch
	Cheese Pizza (34g) Turkey Pepperoni Pizza (23g)	Cheese Pizza (34g) Turkey Pepperoni Pizza (23g)	Pasta with Alfredo (45g) Breadstick (12g)	Cheese Pizza (34g) Turkey Pepperoni Pizza (23g)	Bag Lunch
	Veggie Wrap (33g)	Turkey Club Sandwich (30g)	Purple Power Bean Wrap (44g)	Roast Beef and Swiss Hoagie (36 g)	Bag Lunch
	Chopped Romaine, Baby Spinach, Spring Mix, Broccoli, Carrots (3g), Cherry Tomatoes, Cucumbers, Green and Red Peppers, Red Onion (2g), Black Beans (4g), Garbanzo Beans (6g), Shredded Cheese, Sunflower Seeds (4g), Salad Dressing: Ranch (3g), Italian, Balsamic				
EVERYDAY OPTIONS	Available for Breakfast and Lunch Rotation of fresh fruits, including: Apples (27g), Bananas (27g), Grapes (16g), Oranges (17g) Fluid Milk: 1% White Milk (12g), Chocolate Milk (22g)				

KCH BREAKFAST MENU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 8:00 a.m. – 8:40 a.m.	Turkey Bacon & French Toast (52g)	Chicken Sausage & Biscuit (24g)	Chicken Sausage Gravy with Biscuit (25g)	Chicken Sausage & Egg Burrito (32g)	Egg & Cheese Bagel (23g)
EVERYDAY OPTIONS	House-made Muffin (64g) Yogurt Parfait (44g)				

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KIPP COLUMBUS

KCH LUNCH MENU	MONDAY Dec 23 rd	TUESDAY Dec 24 th	WEDNESDAY Dec 25 th	THURSDAY Dec 26 th	FRIDAY Dec 27 th
	<p><u>NO SCHOOL</u></p> <p>WINTER BREAK</p> 				
					
					
					
					
<p>EVERYDAY OPTIONS</p>					

KCH BREAKFAST MENU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>8:00 a.m. – 8:40 a.m.</p>	<p><u>NO SCHOOL</u></p> <p>WINTER BREAK</p>				
<p>EVERYDAY OPTIONS</p>					

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