








KIPP COLUMBUS

KCH LUNCH MENU	MONDAY Nov 4 th	TUESDAY Nov 5 th	WEDNESDAY Nov 6 th	THURSDAY Nov 7 th	FRIDAY Nov 8 th
	Macaroni & Cheese BBQ Chicken Bowl (55g)	NO SCHOOL 	Whole Grain Chicken Drumsticks with Carrots (22g)	Pasta & Meatballs with Broccoli (27g)	Bag Lunch
	Grilled Chicken Sandwich (29g)	NO SCHOOL	BBQ Chicken Sandwich (49g)	Cheeseburger with Fries (40g)	Bag Lunch
	Taco Pizza (47g)	NO SCHOOL	Veggie Pizza (32g)	Four Cheese Pizza (34g) Turkey Pepperoni Pizza (23g)	Bag Lunch
	Crunchy Hawaiian Wrap (33g)	NO SCHOOL	Chicken Salad Sandwich (35g)	Hot Italian Turkey Hoagie (35g)	Bag Lunch
	Chopped Romaine, Baby Spinach, Spring Mix, Beets (3g), Broccoli, Shredded Carrots (3g), Cherry Tomatoes, Cucumbers, Green and Red Peppers, Red Onion (2g), Black Beans (4g), Garbanzo Beans (6g), Cottage Cheese, Shredded Cheese Applesauce (12g), Pudding (25g), Sunflower Seeds (4g), Salad Dressing: Ranch (3g)				
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)	NO SCHOOL	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 Nov 11 th	TUESDAY Nov 12 th	WEDNESDAY Nov 13 th	THURSDAY Nov 14 th	FRIDAY Nov 15 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
	Philly Cheese Quesadilla with Fries (59g)	BBQ Beef Riblet Sandwich with Fries (52g)	Buffalo Chicken Sandwich with Fries (43g)	Sloppy Joe with Fries (53g)	Bag Lunch
	Four Cheese Pizza (34g) Turkey Pepperoni Pizza (23g)	Four Cheese Pizza (34g) Turkey Pepperoni Pizza (23g)	Four Cheese Pizza (34g) Turkey Pepperoni Pizza (23g)	Chicken Alfredo Pasta (39g)	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, Beets (3g), Broccoli, Shredded Carrots (3g), Cherry Tomatoes, Cucumbers, Green and Red Peppers, Red Onion (2g), Black Beans (4g), Garbanzo Beans (6g), Cottage Cheese, Shredded Cheese, Applesauce (12g), Pudding (25g), Sunflower Seeds (4g), Salad Dressing: Ranch (3g)				
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 & Cheese 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 Nov 18th	TUESDAY Nov 19th	WEDNESDAY Nov 20th	THURSDAY Nov 21st	FRIDAY Nov 22nd
	Macaroni & Cheese BBQ Chicken Bowl with Baked Beans (55g)	Beef Tacos & Steamed Corn (57g)	Chicken Legs & Roasted Carrots (34g)	Thanksgiving Meal Turkey, Mashed Potatoes (35g), Green Bean Casserole (16g), Mac & Cheese (29g), Gravy (6g), Fresh Roll (53g), Pumpkin Mousse (36g)	Bag Lunch
	Cheese Quesadilla (29g)	Crispy Chicken Sandwich (35g)	Meatball Sub (37g)	Thanksgiving Meal	Bag Lunch
	Four Cheese Pizza (34g) Turkey Pepperoni Pizza (23g)	Four Cheese Pizza (34g)	Pasta with Blush Sauce (45g)	Thanksgiving Meal	Bag Lunch
	Veggie Wrap (33g)	Turkey Club Sandwich (30g)	Purple Power Bean Wrap (44g)	Thanksgiving Meal	Bag Lunch
	Chopped Romaine, Baby Spinach, Spring Mix, Beets (3g), Broccoli, Shredded Carrots (3g), Cherry Tomatoes, Cucumbers, Green and Red Peppers, Red Onion (2g), Black Beans (4g), Garbanzo Beans (6g), Cottage Cheese, Shredded Cheese, Applesauce (12g), Pudding (25g), Sunflower Seeds (4g), Salad Dressing: Ranch (3g)				
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 Nov 25 th	TUESDAY Nov 26 th	WEDNESDAY Nov 27 th	THURSDAY Nov 28 th	FRIDAY Nov 29 th
	<p><u>NO SCHOOL</u></p> <p>HAPPY THANKSGIVING!</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>EVERYDAY OPTIONS</p>					

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