




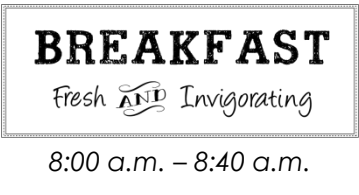


KIPP COLUMBUS

KCH LUNCH MENU	MONDAY Jan 6th	TUESDAY Jan 7th	WEDNESDAY Jan 8th	THURSDAY Jan 9th	FRIDAY Jan 10th
	NO SCHOOL	Burrito Bowl with Rice and Beans (79g)	Chicken Drumsticks (22g) French Fries (20g) Dinner roll (15g)	Pasta & Meatballs (49g) Carrots (8g) Breadstick (15g)	To-Go Lunch
	NO SCHOOL	Cheesesteak Quesadilla (32g)	BBQ Chicken Sandwich (49g)	Cheeseburger (27g)	To-Go Lunch
	NO SCHOOL	Cheese & Turkey Pepperoni Pizza (27g)	Cheese & Turkey Pepperoni Pizza (27g)	Cheese Pizza (27g) Specialty Pizza (34g)	To-Go Lunch
	NO SCHOOL	Roast Beef Sandwich (36g)	Chicken, Turkey Bacon Ranch Wrap (50g)	Hot Italian Turkey Hoagie (35g)	To-Go 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
	NO SCHOOL	Maple Waffles (35g)	Breakfast Bagel Pizza (23g)	Pancakes & Turkey Bacon (41g)	Egg & Cheese English Muffin (43g)
EVERYDAY OPTIONS	House-made Muffins (64g for 2) Yogurt Parfait (44g)				

This institution is an equal opportunity provider.

Questions or special requests regarding food sensitivities?

Contact us! We're happy to work together to support your student.

WE'RE HERE TO SERVE YOU!

Julie Marsh, MS, RDN, LD

Resident Director

Email: julie.marsh@AVIFoodsystems.com



KIPP COLUMBUS

KCH LUNCH MENU	MONDAY Jan 13th	TUESDAY Jan 14th	WEDNESDAY Jan 15th	THURSDAY Jan 16th	FRIDAY Jan 17th
	Chicken Tenders (29g) Dinner Roll (15g) Baked Beans (18g)	Popcorn Chicken (14g) Mashed Potatoes (15g) Dinner Roll (15g)	Chicken, Kale, Sweet Potato, & Rice Bowl with Chipotle Ranch (72g)	Spaghetti & Meatballs (49g) Broccoli (3g) Breadstick (15g)	To-Go Lunch
	Chicken Quesadilla (59g)	BBQ Beef Riblet Sandwich (52g)	Buffalo Chicken Sandwich (43g)	Sloppy Joe (53g)	To-Go Lunch
	Cheese & Turkey Pepperoni Pizza (27g)	Cheese & Turkey Pepperoni Pizza (27g)	Cheese & Turkey Pepperoni Pizza (27g)	Cheese Pizza (27g) Specialty Pizza (34g)	To-Go Lunch
	Turkey & Cheese Wrap (32g)	Roast Beef Sandwich (36g)	Chicken, Turkey Bacon Ranch Wrap (50g)	Hot Italian Turkey Hoagie (35g)	To-Go 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.	Scrambled Eggs & French Toast (52g)	Chicken Sausage & Biscuit (24g)	Breakfast Bagel Pizza (23g)	Chicken Sausage & Egg Burrito (32g)	Egg & Cheese Bagel (43g)
EVERYDAY OPTIONS	House-made Muffin (64g for 2) Yogurt Parfait (44g)				

This institution is an equal opportunity provider.

Questions or special requests regarding food sensitivities?

Contact us! We're happy to work together to support your student.

WE'RE HERE TO SERVE YOU!






Julie Marsh, MS, RDN, LD

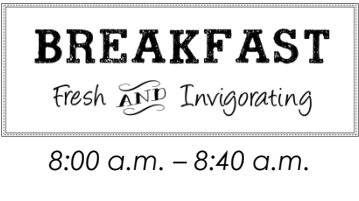
Resident Director

Email: julie.marsh@AVIFoodSystems.com



KIPP COLUMBUS

KCH LUNCH MENU	MONDAY Jan 20th	TUESDAY Jan 21st	WEDNESDAY Jan 22nd	THURSDAY Jan 23rd	FRIDAY Jan 24th
	NO SCHOOL	Beef Tacos (35g) Steamed Corn (18g)	Chicken Legs (13g) Steamed Carrots (8g) Dinner Roll (15g)	Sweet and Sour Meatballs (20 g) Steamed Rice (36g) Broccoli (3g)	To-Go Lunch
	NO SCHOOL	Crispy Chicken Sandwich (35g)	Meatball Sub (37g)	Chicken Parmesan with Pasta (46g)	To-Go Lunch
	NO SCHOOL	Cheese & Turkey Pepperoni Pizza (27g)	Cheese & Turkey Pepperoni Pizza (27g)	Cheese & Turkey Pepperoni Pizza (27g)	To-Go Lunch
	NO SCHOOL	Roast Beef Sandwich (36g)	Chicken, Turkey Bacon Ranch Wrap (50g)	Hot Italian Turkey Hoagie (35g)	To-Go 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
	NO SCHOOL	Maple Waffles (35g)	Breakfast Bagel Pizza (23g)	Pancakes & Turkey Bacon (41g)	Egg & Cheese English Muffin (43g)
EVERYDAY OPTIONS	House-made Muffin (64g for 2) Yogurt Parfait (44g)				

This institution is an equal opportunity provider.

Questions or special requests regarding food sensitivities?

Contact us! We're happy to work together to support your student.

WE'RE HERE TO SERVE YOU!






Julie Marsh, MS, RDN, LD


Resident Director

Email: julie.marsh@AVIFoodSystems.com



KIPP COLUMBUS

KCH LUNCH MENU	MONDAY Jan 27th	TUESDAY Jan 28th	WEDNESDAY Jan 29th	THURSDAY Jan 30th	FRIDAY Jan 31st
	General Tso's Chicken Bowl with Rice (71g) Steamed Broccoli (3g)	Chicken Alfredo with Steamed Carrots (57g) Breadstick (15g)	Chicken Tacos (35g) Black Beans (12g) Steamed Rice (36g)	BBQ Meatballs & Mashed Potatoes (41g) Dinner Roll (15g)	To-Go Lunch
	Cheese Quesadilla (29g)	Crispy Chicken Sandwich (35g)	Grilled Cheese (30g)	Chicken Parmesan Sandwich (41g)	To-Go Lunch
	Cheese & Turkey Pepperoni Pizza (27g)	Cheese & Turkey Pepperoni Pizza (27g)	Cheese & Turkey Pepperoni Pizza (27g)	Cheese & Turkey Pepperoni Pizza (27g)	To-Go Lunch
	Turkey & Cheese Wrap (32g)	Roast Beef Sandwich (36g)	Ranch Chicken Sandwich (35g)	Hot Italian Turkey Hoagie (35g)	To-Go 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
	Scrambled Eggs & French Toast (52g)	Chicken Sausage & Biscuit (24g)	Breakfast Bagel Pizza (23g)	Chicken Sausage & Egg Burrito (32g)	Egg & Cheese Bagel (43g)
EVERYDAY OPTIONS	House-made Muffin (64g for 2) Yogurt Parfait (44g)				

This institution is an equal opportunity provider.

Questions or special requests regarding food sensitivities?

Contact us! We're happy to work together to support your student.

WE'RE HERE TO SERVE YOU!

Julie Marsh, MS, RDN, LD

Resident Director

Email: julie.marsh@AVIFoodSystems.com

