

KCH LUNCH MENU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
	Jan 6th	Jan 7th	Jan 8th	Jan 9th	Jan 10th		
	NO SCHOOL	Burrito Bowl with Rice and Beans (79g)	Chicken Drumsticks (22g)	Pasta & Meatballs (49g) Carrots (8g)	To-Go Lunch		
SIGNATURE INSPIRED • INNOVATIVE • IN-STYLE			French Fries (20g) Dinner roll (15g)	Breadstick (15g)			
GRILL SIZZLING, SEASONED & SASSY	NO SCHOOL	Cheesesteak Quesadilla (32g)	BBQ Chicken Sandwich (49g)	Cheeseburger (27g)	To-Go Lunch		
OVEN-FRESH MID HANDCRAFTED	NO SCHOOL	Cheese & Turkey Pepperoni Pizza (27g)	Cheese & Turkey Pepperoni Pizza (27g)	Cheese Pizza (27g) Specialty Pizza (34g)	To-Go Lunch		
Fresh · Made To Order · Delicious	NO SCHOOL	Roast Beef Sandwich (36g)	Chicken, Turkey Bacon Ranch Wrap (50g)	Hot Italian Turkey Hoagie (35g)	To-Go Lunch		
SALAD BAR Crisp, Crunchy & Nutritious		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),					
EVERYDAY OPTIONS	Salad Dressing: Ranch (3g), Italian, Balsamic 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	Breakfast	Pancakes &	Egg &		
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KCH BREAKFAST MENU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
BREAKFAST Fresh Invigorating 8:00 a.m. – 8:40 a.m.	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)					

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Julie Marsh, MS, RDN, LD Resident Director Email: julie.marsh@AVIFoodsystems.com











KIPP COLUMBUS

KCH LUNCH MENU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			
KCH LUNCH MENU								
	Jan 13th	Jan 14th	Jan 15th	Jan 16th	Jan 17th			
	Chicken	Popcorn	Chicken, Kale,	Spaghetti &	To-Go			
	Tenders (29g)	Chicken (14g)	Sweet Potato,	Meatballs (49g)	Lunch			
	Dinner Roll	Mashed	& Rice Bowl	Broccoli (3g)				
SIGNATURE	(15g)	Potatoes (15g)	with Chipotle	Breadstick				
INSPIRED • INNOVATIVE • IN-STYLE	Baked Beans	Dinner Roll	Ranch	(15g)				
	(18g)	(15g)	(72g)					
	Chicken	BBQ Beef	Buffalo	Sloppy Joe	To-Go			
GRILL	Quesadilla	Riblet	Chicken	(53g)	Lunch			
	(59g)	Sandwich	Sandwich					
SIZZLING, SEASONED & SASSY		(52g)	(43g)					
		Chasses			Ta Ca			
	Cheese &	Cheese &	Cheese &	Cheese Pizza	To-Go			
PIZZA	Turkey	Turkey	Turkey	(27g)	Lunch			
	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	Specialty Pizza				
OVEN-FRESH AND HANDCRAFTED	(27g)	== 0.		(34g)				
3		(27g) Rogst Beef	(27g) Chicken,	Hot Italian	To-Go			
	Turkey &	Sandwich	-		Lunch			
	Cheese Wrap		Turkey Bacon Ranch Wrap	Turkey Hoagie	LUNCH			
	(32g)	(36g)		(35g)				
Fresh. Made To Order. Delicious			(50g)					
	Chopped Romaine, Baby Spinach, Spring Mix,							
				atoes, Cucumbers,				
⇒SALAD BAR€			Red Peppers, Rec					
Crisp, Crunchy & Nutritious	Black Beans (40			d Cheese, Sunflowe	er Seeds (4a).			
			g: Ranch (3g), Ita					
			e for Breakfast ar					
		Rotatio	n of fresh fruits, ind	cluding:				
EVERYDAY OPTIONS	Apples (27g), Bananas (27g), Grapes (16g), Oranges (17g)							
	Fluid Milk: 1% White Milk (12g), Chocolate Milk (22g)							
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KCH BREAKFAST MENU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
BREAKFAST Fresh Invigorating 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)					

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KIPP COLUMBUS

KCH LUNCH MENU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
	Jan 20th	Jan 21st	Jan 22nd	Jan 23rd	Jan 24th		
	NO SCHOOL	Beef Tacos	Chicken Legs	Sweet and	To-Go		
		(35g)	(13g)	Sour Meatballs	Lunch		
ste		Steamed	Steamed	(20 g)			
		Corn (18g)	Carrots	Steamed Rice			
SIGNATURE			(8g)	(36g)			
INSPIRED • INNOVATIVE • IN-STYLE			Dinner Roll (15g)	Broccoli (3g)			
	NO SCHOOL	Crispy Chicken	Meatball Sub	Chicken	To-Go		
GRILL		Sandwich	(37g)	Parmesan with	Lunch		
GRILL		(35g)		Pasta (46g)			
SIZZLING, SEASONED & SASSY							
					Ta Ca		
	NO SCHOOL	Cheese &	Cheese & Turkey	Cheese &	To-Go		
PIZZA		Turkey	Pepperoni Pizza	Turkey	Lunch		
·		Pepperoni Pizza	(27g)	Pepperoni Pizza			
OVEN-FRESH AND HANDCRAFTED		(27g)		(27g)			
	NO SCHOOL	Roast Beef	Chicken, Turkey	Hot Italian	To-Go		
		Sandwich	Bacon Ranch	Turkey Hoagie	Lunch		
		(36g)	Wrap	(35g)			
Fresh · Made To Order · Delicious			(50g)	(0)			
		Chopped Romaine, Baby Spinach, Spring Mix,					
⇒SALAD BAR€			natoes, Cucumbers				
• • • • • • • • •	Onion (2g), Black Beans (4g), Garbanzo Beans (6g), Shredded Cheese, Sunflower						
Crisp, Crunchy & Nutritious	Seeds (4g),Salad Dressing: Ranch (3g), Italian, Balsamic						
3	Available for Breakfast and Lunch						
			n of fresh fruits, inclu				
EVERYDAY OPTIONS	EVERYDAY OPTIONS 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
BREAKFAST Fresh Invigorating 8:00 a.m. – 8:40 a.m.	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)

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KIPP COLUMBUS

KCH LUNCH MENU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	Jan 27th	Jan 28th	Jan 29th	Jan 30 th	Jan 31st	
SIGNATURE INSPIRED • INNOVATIVE • IN-STYLE	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	
GRILL SIZZLING, SEASONED & SASSY	Cheese Quesadilla (29g)	Crispy Chicken Sandwich (35g)	Grilled Cheese (30g)	Chicken Parmesan Sandwich (41g)	To-Go Lunch	
OVEN-FRESH AND HANDCRAFTED	Cheese & Turkey Pepperoni Pizza (27g)	Cheese & Turkey Pepperoni Pizza (27g)	Cheese & Turkey Pepperoni Pizza (27g)	Cheese & Turkey Pepperoni Pizza (27g)	To-Go Lunch	
Fresh · Made To Order · Delicious	Turkey & Cheese Wrap (32g)	Roast Beef Sandwich (36g)	Ranch Chicken Sandwich (35g)	Hot Italian Turkey Hoagie (35g)	To-Go Lunch	
SALAD BAR Crisp, Crunchy & Nutritious	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	Apple	Rotation o s (27g), Bananas	or Breakfast and L f fresh fruits, incluc (27g), Grapes (16g Fluid Milk: 12g), Chocolate N	ding: g), Oranges (17g)		

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