


# KIPP COLUMBUS

KCH LUNCH MENU	MONDAY Feb 3	TUESDAY Feb 4	WEDNESDAY Feb 5	THURSDAY Feb 6	FRIDAY Feb 7
	Mac & Cheese BBQ Chicken Bowl (55) Sweet Potatoes (29) Dinner Roll (15g)	Burrito Bowl with Rice and Beans (79g)	Chicken Drumstick (22g) Broccoli (3g) Dinner Roll (15g)	Pasta & Meatballs (49g) Carrots (8g) Dinner Roll (15g)	NO SCHOOL
	Grilled Chicken Sandwich (30) Hamburger (26g) Spicy Chicken Sandwich (43g)	Cheesesteak Quesadilla (32g) Hamburger (26g) Spicy Chicken Sandwich (43g)	BBQ Chicken Sandwich (49g) Hamburger (26g) Spicy Chicken Sandwich (43g)	Hot Italian Turkey Hoagie (35g) Hamburger (26g) Spicy Chicken Sandwich (43g)	NO SCHOOL
	Cheese & Turkey Pepperoni Pizza (27g)	Cheese & Turkey Pepperoni Pizza (27g)	Cheese & Turkey Pepperoni Pizza (27g)	Cheese Pizza (27g) Specialty Pizza (34g)	NO SCHOOL
	Roast Beef Sub (32g)	Chicken Salad on Croissant (38g)	Turkey & Swiss Wrap (32g)	Chicken, Turkey Bacon, Ranch Wrap (51g)	NO SCHOOL
	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), Oranges (17g) Fluid Milk: 1% White Milk (12g), Chocolate Milk (22g)				

KCH BREAKFAST MENU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>8:00 a.m. – 8:40 a.m.</p>	Egg, Cheese, and Turkey Bacon Breakfast Burrito (31)	Waffles (35g)	Breakfast Bagel Pizza (23g)	Pancakes & Turkey Bacon (41g)	NO SCHOOL
EVERYDAY OPTIONS	House-made Muffins (64g for 2) 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 Feb 10	TUESDAY Feb 11	WEDNESDAY Feb 12	THURSDAY Feb 13	FRIDAY Feb 14
	Chicken Tenders (29g) Dinner Roll (15g) Baked Beans (18g)	Popcorn Chicken (14g) Mashed Potatoes (15g) Dinner Roll (15g)	Chicken, Sweet Potato, Spinach & Rice Bowl with Chipotle Ranch (72g)	Spaghetti & Meatballs (49g) Broccoli (3g) Dinner Roll (15g)	To-Go Lunch
	Chicken Quesadilla (59g) Hamburger (26g) Spicy Chicken Sandwich (43g)	BBQ Beef Riblet Sandwich (52g) Hamburger (26g) Spicy Chicken Sandwich (43g)	Beef Hot Dog (25g) Hamburger (26g) Spicy Chicken Sandwich (43g)	Sloppy Joe (53g) Hamburger (26g) Spicy Chicken Sandwich (43g)	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
	Tuna Salad on Croissant (33g)	Turkey Club Sub (30g)	Chicken, Turkey Bacon, Ranch Wrap (51g)	Roast Beef Sub (32g)	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				
<b>EVERYDAY OPTIONS</b>	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.	Chicken Sausage & Biscuit (24g)	Scrambled Eggs & French Toast (52g)	Breakfast Bagel Pizza (23g)	Chicken Sausage & Egg Burrito (32g)	Egg & Cheese Bagel (43g)
<b>EVERYDAY OPTIONS</b>	House-made Muffin (64g for 2) Yogurt Parfait (44g)				

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# KIPP COLUMBUS

KCH LUNCH MENU	MONDAY Feb 17	TUESDAY Feb 18	WEDNESDAY Feb 19	THURSDAY Feb 20	FRIDAY Feb 21
	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	Philly Cheesesteak Quesadilla (46g) Hamburger (26g) Spicy Chicken Sandwich (43g)	Meatball Sub (37g) Hamburger (26g) Spicy Chicken Sandwich (43g)	Hot Italian Turkey Hoagie (35g) Hamburger (26g) Spicy Chicken Sandwich (43g)	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	Chicken, Turkey Bacon, Ranch Wrap (51g)	Turkey Club Sandwich (30g)	Roast Beef Sub (36g)	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				
<b>EVERYDAY OPTIONS</b>	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	Waffles (35g)	Breakfast Bagel Pizza (23g)	Pancakes & Turkey Bacon (41g)	Egg & Cheese English Muffin (43g)
<b>EVERYDAY OPTIONS</b>	House-made Muffin (64g for 2) Yogurt Parfait (44g)				

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# KIPP COLUMBUS

KCH LUNCH MENU	MONDAY Feb 24	TUESDAY Feb 25	WEDNESDAY Feb 26	THURSDAY Feb 27	FRIDAY Feb 28
	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
	Tuna Salad on Croissant (33g)	Roast Beef Sandwich (36g)	Chicken, Turkey Bacon, Ranch Wrap (51g)	Turkey Club Sub (30g)	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				
<b>EVERYDAY OPTIONS</b>	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
	Chicken Sausage & Biscuit (24g)	Scrambled Eggs & French Toast (52g)	Breakfast Bagel Pizza (23g)	Chicken Sausage & Egg Burrito (32g)	Egg & Cheese Bagel (43g)
<b>EVERYDAY OPTIONS</b>	House-made Muffin (64g for 2) Yogurt Parfait (44g)				

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