


KIPP COLUMBUS

KCH LUNCH MENU	MONDAY March 31	TUESDAY April 1	WEDNESDAY April 2	THURSDAY April 3	FRIDAY April 4
	Mac & Cheese BBQ Chicken Bowl (55g) Sweet Potato (29g)	Burrito Bowl with Rice and Beans (79g)	Chicken Drumsticks (22g) Broccoli (3g) Biscuit (11g)	Pasta & Meatballs (49g) Carrots (8g) Dinner Roll (15g)	To-Go Lunch
	Grilled Chicken Sandwich (30g) Hamburger (26g) Spicy Chicken Sandwich (43g)	Philly Cheesesteak Quesadilla (32g) Hot Dog (26g) Spicy Chicken Sandwich (43g)	BBQ Chicken Sandwich (49g) Hamburger (26g) Spicy Chicken Sandwich (43g)	Cheeseburger (27g) Hot Dog (26g) Spicy Chicken Sandwich (43g)	To-Go Lunch
	Cheese & Turkey Pepperoni Pizza (27g)	Turkey Pepperoni Pizza (27g) Bosco Pizza Sticks (25g)	Cheese & Turkey Pepperoni Pizza (27g)	Turkey Pepperoni Pizza (27g) Bosco Pizza Sticks (25g)	To-Go Lunch
	Turkey Ham & Cheese Sub (33g)	Ranch Chicken & Turkey Bacon Wrap (51g)	Roast Beef Sub (32g)	Turkey & Swiss Wrap (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				
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.	Sausage, Egg, & Cheese English Muffin (43g)	Pancakes with Chicken Sausage Patty (42g)	French Toast Sticks & Scrambled Eggs (38g)	Turkey Sausage Pancake Wraps (16g)	Waffles (55g)
EVERYDAY OPTIONS	House-made Muffins (40g) Yogurt Parfait (44g)				

This institution is an equal opportunity provider.

Questions or special requests
regarding food sensitivities?

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Julie Marsh, MS, RDN, LD


Resident Director

Email: julie.marsh@AVIFoodsystems.com



KIPP COLUMBUS

KCH LUNCH MENU	MONDAY April 7	TUESDAY April 8	WEDNESDAY April 9	THURSDAY April 10	FRIDAY April 11
	Chicken Tenders (29g) Dinner Roll (15g) Baked Beans (18g)	Popcorn Chicken (14g) Mashed Potatoes (15g) Dinner Roll (15g)	Spaghetti & Meatballs (49g) Broccoli (3g) Breadstick (15g)	Chicken, Kale, Sweet Potato, & Rice Bowl with Chipotle Ranch (72g)	To-Go Lunch
	Chicken Quesadilla (59g) Hamburger (26g) Spicy Chicken Sandwich (43g)	BBQ Beef Riblet Sandwich (52g) Hot Dog (26g) Spicy Chicken Sandwich (43g)	Buffalo Chicken Sandwich (43g) Hamburger (26g) Spicy Chicken Sandwich (43g)	Sloppy Joe (53g) Hot Dog (26g) Spicy Chicken Sandwich (43g)	To-Go Lunch
	Cheese & Turkey Pepperoni Pizza (27g)	Turkey Pepperoni Pizza (27g) Bosco Pizza Sticks (25g)	Cheese & Turkey Pepperoni Pizza (27g) Bosco Pizza Sticks (25g)	Turkey Pepperoni Pizza (27g) Bosco Pizza Sticks (25g)	To-Go Lunch
	Turkey Ham & Cheese Sub (33g)	Ranch Chicken & Turkey Bacon Wrap (51g)	Roast Beef Sub (32g)	Turkey & Swiss Wrap (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				
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.	Sausage, Egg, & Cheese English Muffin (43g)	Pancakes with Chicken Sausage Patty (42g)	French Toast Sticks & Scrambled Eggs (38g)	Turkey Sausage Pancake Wraps (16g)	Waffles (55g)
EVERYDAY OPTIONS	House-made Muffins (40g) Yogurt Parfait (44g)				

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KCH LUNCH MENU	MONDAY April 21	TUESDAY April 22	WEDNESDAY April 23	THURSDAY April 24	FRIDAY April 25
	French Toast Sticks & Chicken Sausage Patty (39g) Hashbrowns (15g)	Beef Tacos (35g) Steamed Corn (18g)	Chicken Legs (13g) Steamed Carrots (8g) Dinner Roll (15g)	Sweet and Chicken (20 g) Steamed Rice (36g) Broccoli (3g)	To-Go Lunch
	Chicken Gyro (44g) Hamburger (26g) Spicy Chicken Sandwich (43g)	Philly Cheesesteak Quesadilla (46g) Hot Dog (26g) Spicy Chicken Sandwich (43g)	Meatball Sub (37g) Hamburger (26g) Spicy Chicken Sandwich (43g)	Hot Italian Turkey Hoagie (35g) Hot Dog (26g) Spicy Chicken Sandwich (43g)	To-Go Lunch
	Cheese & Turkey Pepperoni Pizza (27g)	Turkey Pepperoni Pizza (27g) Bosco Pizza Sticks (25g)	Cheese & Turkey Pepperoni Pizza (27g)	Turkey Pepperoni Pizza (27g) Bosco Pizza Sticks (25g)	To-Go Lunch
	Turkey Ham & Cheese Sub (33g)	Ranch Chicken & Turkey Bacon Wrap (51g)	Roast Beef Sub (32g)	Turkey & Swiss Wrap (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				
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
 <p>8:00 a.m. – 8:40 a.m.</p>	Sausage, Egg, & Cheese English Muffin (43g)	Pancakes with Chicken Sausage Patty (42g)	French Toast Sticks & Scrambled Eggs (38g)	Turkey Sausage Pancake Wraps (16g)	Waffles (55g)
EVERYDAY OPTIONS	House-made Muffins (40g) Yogurt Parfait (44g)				

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KCH LUNCH MENU	MONDAY April 28	TUESDAY April 29	WEDNESDAY April 30	THURSDAY May 1	FRIDAY May 2
	General Tso's Chicken Bowl with Rice (71g) Steamed Broccoli (3g)	Chicken Tacos (35g) Black Beans (12g) Steamed Rice (36g)	Chicken Alfredo with Steamed Carrots (57g) Breadstick (15g)	Meatloaf (14g) Mashed Potatoes (16g) Dinner Roll (15g)	To-Go Lunch
	Chicken Parmesan Sandwich (41g) Hamburger (26g) Spicy Chicken Sandwich (43g)	Grilled Cheese (30g) Hot Dog (26g) Spicy Chicken Sandwich (43g)	BBQ Beef Riblet Sandwich (52g) Hamburger (26g) Spicy Chicken Sandwich (43g)	Cheese Quesadilla (29g) Hot Dog (26g) Spicy Chicken Sandwich (43g)	To-Go Lunch
	Cheese & Turkey Pepperoni Pizza (27g)	Turkey Pepperoni Pizza (27g) Bosco Pizza Sticks (25g)	Cheese & Turkey Pepperoni Pizza (27g)	Cheese & Turkey Pepperoni Pizza (27g)	To-Go Lunch
	Turkey & Cheese Wrap (32g) Tuna Salad Sandwich (33g)	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
 8:00 a.m. – 8:40 a.m.	Sausage, Egg, & Cheese English Muffin (43g)	Pancakes with Chicken Sausage Patty (42g)	French Toast Sticks & Scrambled Eggs (38g)	Turkey Sausage Pancake Wraps (16g)	Waffles (55g)
EVERYDAY OPTIONS	House-made Muffins (40g) Yogurt Parfait (44g)				

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