


# KIPP COLUMBUS

KCH LUNCH MENU	MONDAY March 3	TUESDAY March 4	WEDNESDAY March 5	THURSDAY March 6	FRIDAY March 7
	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				
<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
	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)
8:00 a.m. – 8:40 a.m.					
<b>EVERYDAY OPTIONS</b>	House-made Muffins (40g) Yogurt Parfait (44g)				

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Questions or special requests  
regarding food sensitivities?

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work together to support  
your student.

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**Julie Marsh, MS, RDN, LD**


Resident Director

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# KIPP COLUMBUS

KCH LUNCH MENU	MONDAY March 10	TUESDAY March 11	WEDNESDAY March 12	THURSDAY March 13	FRIDAY March 14
	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)	NO SCHOOL
	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)	
	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)	
	Turkey Ham & Cheese Sub (33g)	Ranch Chicken & Turkey Bacon Wrap (51g)	Roast Beef Sub (32g)	Turkey & Swiss Wrap (32g)	
	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.	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)
<b>EVERYDAY OPTIONS</b>	House-made Muffins (40g) Yogurt Parfait (44g)				

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# KIPP COLUMBUS

KCH LUNCH MENU	MONDAY March 17	TUESDAY March 18	WEDNESDAY March 19	THURSDAY March 20	FRIDAY March 21
	Chicken Pot Pie (36g) Dinner Roll (15g) Steamed Peas (12g)	Beef Tacos (35g) Steamed Corn (18g)	Chicken Legs (13g) Steamed Carrots (8g) Dinner Roll (15g)	Sweet and Chicken (20g) 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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# KIPP COLUMBUS

KCH LUNCH MENU	MONDAY March 24	TUESDAY March 25	WEDNESDAY March 26	THURSDAY March 27	FRIDAY March 28
	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				
<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.	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)
<b>EVERYDAY OPTIONS</b>	House-made Muffins (40g) Yogurt Parfait (44g)				

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