


KIPP COLUMBUS

KCH LUNCH MENU	MONDAY May 5	TUESDAY May 6	WEDNESDAY May 7	THURSDAY May 8	FRIDAY May 9
	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)				

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Questions or special requests
regarding food sensitivities?

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Julie Marsh, MS, RDN, LD


Resident Director

Email: julie.marsh@AVIFoodsystems.com



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KCH LUNCH MENU	MONDAY May 12	TUESDAY May 13	WEDNESDAY May 14	THURSDAY May 15	FRIDAY May 16
	Chicken Tenders (29g) Dinner Roll (15g) Baked Beans (18g)	Chicken, Kale, Sweet Potato, & Rice Bowl with Chipotle Ranch (72g)	Spaghetti & Meatballs (49g) Broccoli (3g) Breadstick (15g)	Popcorn Chicken (14g) Mashed Potatoes (15g) Dinner Roll (15g)	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)	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 May 19	TUESDAY May 20	WEDNESDAY May 21	THURSDAY May 22	FRIDAY May 23
	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 Sour 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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KCH LUNCH MENU	MONDAY May 26	TUESDAY May 27	WEDNESDAY May 28	THURSDAY May 29	FRIDAY May 30
	<u>NO SCHOOL</u>	Chicken Tacos (35g) Black Beans (12g) Steamed Rice (36g)	Chicken Alfredo with Steamed Carrots (57g) Breadstick (15g)	<u>NO SCHOOL</u>	<u>NO SCHOOL</u>
		Grilled Cheese (30g) Hot Dog (26g) Spicy Chicken Sandwich (43g)	BBQ Beef Riblet Sandwich (52g) Hamburger (26g) Spicy Chicken Sandwich (43g)		
		Turkey Pepperoni Pizza (27g) Bosco Pizza Sticks (25g)	Cheese & Turkey Pepperoni Pizza (27g)		
		Roast Beef Sandwich (36g)	Ranch Chicken Sandwich (35g)		
	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
	<u>NO SCHOOL</u>	Pancakes with Chicken Sausage Patty (42g)	French Toast Sticks & Scrambled Eggs (38g)	<u>NO SCHOOL</u>	<u>NO SCHOOL</u>
EVERYDAY OPTIONS	House-made Muffins (40g) Yogurt Parfait (44g)				

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