**KIPP COLUMBUS May 2021- Middle – High School – Elementary – Primary**

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| **Monday 3rd** | **Tuesday 4th** | **Wednesday 5th** | **Thursday 6th** | **Friday 7th** |
| **Egg Mc Muffin**  **turkey sausage- egg – cheese**  **Fresh Muffin**  **Fresh Fruit – Milk**  **Spicy Honey/Lime Chicken**  **house marinated chicken**  **Whole Grain Rice**  **Carrots – Cookie**  **Fresh Fruit/Milk** | **Breakfast Burrito**  **Tr. Sausage-Eggs Cheese**  **Fresh Oatmeal Bar/Fresh Fruit/Milk**  **Italian Subs**  **French Fries**  **Green Beans w/ R. Peppers**  **Rice Krispy Treat**  **Fresh Fruit/Milk** | **Warm French Toast Sticks**  **Chicken Sausage Syrup**  **Fresh Fruit/Milk**  **Spaghetti & Meatballs**  **Housemade Rose Sauce**  **Garlic Bread – Kale Salad**  **Fresh Fruit/Milk** | **Cheese Omelets**  **Turkey Sausage**  **Croissant**  **Fresh Fruit /Milk**  **Cheeseburger Warp**  **gr beef- cheese- lettuce – tomato**  **Chill Cheese Corn Chips**  **Pea Salad**  **Jell-O**  **Fresh Fruit/Milk** | **No School** |
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| **Monday 10th** | **Tuesday 11th** | **Wednesday 13th** | **Thursday 14th** | **Friday 15th** |
| **Breakfast Skillet**  **Diced Turkey Ham**  **Eggs Potatoes**  **Country Biscuit**  **Fresh Fruit/Milk** | **Blueberry Pancakes**  **Turkey Sausage**  **Syrup**  **Fresh Fruit / Milk** | **Warm Breakfast Apple Bake**  **Fresh Turkey Sausage**  **Fresh Fruit/Milk** | **Breakfast Burrito**  **Tr. Sausage-Eggs Cheese**  **Fresh Oatmeal Bar/Fresh Fruit/Milk** | **Chicken & Waffles**  **Cheese – Syrup**  **Fresh Fruit/Milk** |
| **Creamy Tuscan Chicken**  **Cheese Tortellini**  **Breadstick**  **Italian Tomato Salad**  **Fresh Fruit/Milk** | **Taco’s w/ Spanish Rice**  **Black Beans**  **Pico De Galo Salad**  **Sour Cream**  **Churro**  **Fresh Fruit/Milk** | **Sloppy Joe**  **Potato Rounds**  **Green Peas**  **Fresh Fruit/Milk**  **Rice Krispy Treat** | **Turkey Burger**  **lettuce – tomato – cheese**  **Sweet Potato Fries**  **red & green peppers w/ ranch**  **Fresh Fruit/Milk** | **KIPP Favorites**  **Personal Pan Pizza &**  **Baked Pasta**  **Vegetable Blend**  **Grandmas Choc Cookie**  **Fresh Fruit/Milk** |
| **Monday 17th** | **Tuesday 18th** | **Wednesday 19th** | **Thursday 20th** | **Friday 21st** |
| **Pancakes w/Mixed Berry Compote or Scrambled Eggs – Bagel**  **Turkey Sausage**  **Fresh Fruit/ Milk** | **Farm Fresh**  **Vegetable Quiche**  **Flakey Croissant**  **Fresh Fruit/ Milk** | **Strawberry French Toast Bake w/ Cream Cheese**  **Turkey Sausage Link**  **Fresh Fruit/Milk** | **Baked Breakfast Bowl**  **House-made Cherry Muffin**  **Fresh Fruit/Milk** | **Warm French Toast Sticks**  **Chicken Sausage Syrup**  **Fresh Fruit/Milk**  **Fresh Fruit/ Milk** |
| **Chili Mac & Cheese**  **Corn & Pepper /Corn Bread**  **Fruit/Milk** | **Home Style Meatloaf**  **Mashed Potato**  **Green Beans /Roll**  **Warm Apple Pie Cup**  **Fresh Fruit/Milk** | **Grilled Chicken Pita**  **stuffed with chicken – lettuce – tomato – onion – cheese**  **Pasta Salad**  **Garden Salad w/ Ranch**  **Fresh Fruit/Milk** | **Beef Lo-Mein**  **Vegetable Spring Rolls**  **Stir – Fry Veggies**  **Lemon Bar**  **Fresh Fruit/Milk** | **KIPP Favorites**  **Buffalo Chicken Pizza & Mac And Cheese**  **Housemade Hummus**  **Carrot Sticks**  **Fresh Fruit/Milk**  **Ice Cream** |
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| **Monday 24th** | **Tuesday 25th** | **Wednesday 26th** | **Thursday 27th** | **Friday 28th** |
| **Western Scramble**  **peppers – onion-hot pepper cheese- salsa**  **Bagel & Cream Cheese**  **Fresh Fruit /Milk**  **Philly Cheese Steak**  **peppers- onions**  **Ranch Fries – Pickle Spear**  **Broccoli**  **Fresh Fruit/Milk**  **This institution is an equal opportunity provider** | **Jaguar Mc Muffin**  **Egg-Tr. Ham- Cheese**  **Hashbrown Wedge**  **Fresh Fruit/ Milk**  **House Grilled Pierogi’s**  **butter & onion**  **Herb Baked Chicken Legs**  **Oven Roasted Brussels Sprouts**  **Fresh Fruit/Milk**  **Rice Krispy Treat**  KIPP is Pork & Peanut Free  If your Child has dietary needs please contact the front office | **Warm Mango/Raspberry Roll**  **Turkey Sausage Link**  **Fresh Fruit / Milk**  **Traditional Cheeseburger**  **Lettuce & Tomatoes**  **Waffle Fries**  **Potato Salad**  **Fresh Fruit/Milk**  **AVIFoodsystems**  **Liza Stokes**  [**lstokes@avifoodsystems.com**](mailto:lstokes@avifoodsystems.com)  **Alex Bias**  [**abias@avifoodsystems.com**](mailto:abias@avifoodsystems.com) | **Breakfast Burrito**  **Tr. Sausage-Eggs Cheese**  **Fresh Oatmeal Bar/Fresh Fruit/Milk**  **KIPP Chicken Box**  **Spicy Chicken on Sliced White Bread w/ Pickles**  **Mac & Cheese / Coleslaw**  **Brownie**  **Fresh Fruit / Milk**  **NUTRITION BITES**  **Breakfast is an important source of vitamin D and calcium, providing 40% of vitamin D and 25% of calcium to children age 2 to 191** | **Breakfast Skillet**  **Diced Turkey Ham**  **Eggs Potatoes**  **Country Biscuit**  **Fresh Fruit/Milk**  **KIPP Favorites Burgers & BBQ Wings**  **Cheeseburger– French Fries**  **Mixed Veggie**  **Fresh Fruit/Milk**  **Nutrition Tip:** Include whole grains. Aim to make at least half your grains whole grains. Look for the words “100% whole grain” or “100% whole wheat” on the food label. Whole grains provide more nutrients, like fiber, than refined grains |