**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 FreeIf 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****Alex Bias****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 |