



Colusa High School

Aug. – Oct. 2022

# Lunch Menu

One free lunch per school day per student | Adults \$4.75

Your choice of the daily options below or the everyday lunch options

## Mondays

Mozzarella Stuffed Breadstick with Marinara Sauce

† Cheeseburger with the fixings

## Tuesdays

† Whole Muscle Breaded Chicken Sandwich with tater tots

† Pulled pork sandwich smothered in bbq sauce with tater tots

## Wednesdays

▫ Mandarin Orange chicken over 'fried' rice

## Thursdays

† Fiesta Chicken Wrap (diced chicken, chipotle ranch, black beans, corn, shredded cheese) with curly fries

Macaroni and cheese with curly fries

## Fridays

▫ Red Hawk Bowl (mashed potatoes, gravy, corn, topped with popcorn chicken) Dinner Roll

**Menu subject to change due to supply issues**



## Everyday lunch options:

Bean and cheese burrito

† Deli Sandwich on Hoagie Roll (tuna/turkey/turkey ham)

French Bread Pizza

**NEW!**

† Protein Hawk Box (Available on Wednesday, Thursday, & Friday)  
(Hummus, flat bread, salami, pickle spear, cheese stick, grapes, carrots, granola)

Smuckers peanut butter and jelly (grape)

Spicy Chicken Sandwich

Also available is low-fat milk, fat-free chocolate milk, & 100% fruit juice

Salad bar with an array of vegetables and fruits

\*Students must take a serving of fruit or vegetable for a complete meal\*

**Salad bar is back!**

## Snack Bar (Titan account or cash):

Water...\$1.00

Carbonated Drinks...\$2.00

Juice...\$2.50

Brownies and Rice Krispy Treats...\$1.00

Donuts and Poptarts...\$1.50

▫ 3 pack of fresh baked chocolate chip cookies...\$1.00

Chips/popcorn...\$1.00

**This institute is an equal opportunity employer.**

† = Made in house  
▫ = Speed Scratch