## Christina School District BRENNEN AND DSD MENU SEPTEMBER 2025



## welcome BACK<sup>10</sup> SCHOOL



ALL CHRISTINA STUDENTS EAT BREAKFAST & LUNCH
AT NO COST ALL YEAR!

Monday, Sept. 1

**NO SCHOOL** 

\*LABOR\*

Tuesday, Sept. 2

Breakfast Cereal with Graham(V/H)

<u>Lunch</u>
Chicken Nuggets with
Cheez-its
Mixed Vegetables
Raisins

Wednesday, Sept. 3

Breakfast Pigglestick

<u>Lunch</u> Cheese Pizza(V/H) Steamed Broccoli Chilled Pears Thursday, Sept. 4

Breakfast
Donut Holes(V/H)

Lunch
Rotini with Meat Sauce
& Texas Toast
Steamed Carrots
Applesauce Cup

Friday, Sept. 5

Breakfast Mini Waffles(V/H)

Lunch
Egg & Cheese
Sandwich on
Croissant(V/H)
Tater Tots
Fruit Icy

Monday, Sept. 8

Breakfast
Banana or Blueberry
Breakfast Bread(V/H)

<u>Lunch</u> Mozzarella Sticks(V/H) Mixed Vegetables Craisins Tuesday, Sept. 9

Breakfast Cereal Blast Waffles(V/H)

<u>Lunch</u> Chicken Patty Sandwich Cheesy Broccoli Peach Cup Wednesday, Sept. 10

<u>Breakfast</u> Mini Bagels(V/H)

Lunch
Personal Pan
Pizza(V/H)
Parmesan Roasted
Chickpeas
Spinach Salad
Chilled Pineapple

Thursday, Sept. 11

Breakfast Cinnamon Roll (V/H)

<u>Lunch</u>
Doritos Walking Taco
with Beef
Golden Corn
Dried Cherries

Friday, Sept. 12

Breakfast Mini French Toast (V/H)

Lunch
Chicken Drumstick with
Pasta Salad
Cinnamon Sweet
Potato Fries
Mandarin Oranges

**AVAILABLE DAILY** 

Breakfast
Cereal/Cereal Bar(V/H)
Yogurt(V/H)
Eggo Graham Bites(V/H)
100% Juice
Assorted Fruit

Milk

Lunch
PBJ Meal(V/H)
Grilled Cheese(V/H)
Dairy Lunchable(V/H)
Assorted Salads
Turkey & Cheese Sandwich
Assorted Fresh Fruit
Carroteenies
Fresh Veggie Cup
Assorted Hummus
Milk

\*V=Vegetarian
\*H=Halal Approved



## Christina School District BRENNEN & DSD MENU SEPTEMBER 2025

Monday, Sept. 15

<u>Breakfast</u> Breakfast Muffins(V/H)

<u>Lunch</u> Chicken & Waffles Emoji Fries Fruit Juice Tuesday, Sept. 16

Breakfast Glazed Pull Apart Donut(V/H)

Lunch
Cheesy Pull Apart (V/H)
Steamed Carrots
Applesauce

Wednesday, Sept. 17

Breakfast
Strawberry & Sweet
Cream Turnover(V/H)
Egg & Cheese on English
Muffin(V/H)

Lunch
Turkey & Beef Pepperoni
Pizza
Cheese Pizza (V/H)
Steamed Peas

Thursday, Sept. 18

<u>Breakfast</u> French Toast Sticks(V/H)

Lunch
Creamy Chicken Alfredo
with Dinner Roll
Stewed Broccoli
Side Caesar Salad
Mixed Fruit Cup

Friday, Sept. 19

<u>Breakfast</u> Mini Pancakes(V/H)

<u>Lunch</u> Hot Dog on Bun Warm Vegetarian Baked Beans Fruit Icy

Monday, Sept. 22

NO School Today Tuesday, Sept. 23

NO School Today Wednesday, Sept. 24

Chilled Pears

Breakfast
Cereal with
Graham(V/H)

Lunch
Stuffed Crust
Pizza(V/H)
Mixed Vegetables
Raisins

Thursday, Sept.25

<u>Breakfast</u> Donut Holes(V/H)

Lunch
Popcorn Chicken with
Dinner Roll
Mashed Potatoes with
Gravy
Mandarin Oranges

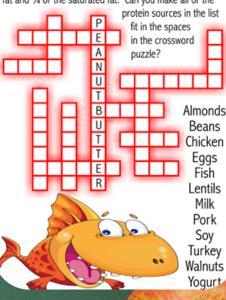
Friday Sept. 26

<u>Breakfast</u> Mini Waffles(V/H)

Lunch
Meatball Sub
Steamed Carrots
Garden Fresh Salad
Peach Cup

## **Protein Power!**

Steaks and hamburgers and other kinds of beef are loaded with protein. But a lot of red meat is also very high in fat and saturated fat. That's why experts tell us we should only eat beef once in awhile. Luckily, there are lots of other good sources of protein. Six ounces of salmon, for example, contains almost as much protein as a 6-ounce porterhouse steak -- but with less than ½ the fat and ¼ of the saturated fat. Can you make all of the



Monday, Sept. 29

Breakfast

Banana or Blueberry Breakfast Bread(V/H) Lunch

French Toast Sticks with Chicken Sausage &

Yogurt
Cinnamon Sweet Potato
Fries
Strawberry Cup

Monday, Sept. 30

<u>Breakfast</u> Cereal Blast Waffles(V/H)

<u>Lunch</u> Cheeseburger on Bun Golden Corn Mixed Fruit Cup

