

Christina School District

MIDDLE SCHOOLS & NETWORKS MENU

SEPTEMBER 2025



welcome
**BACK^{TO}
SCHOOL**



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

Monday, Sept. 1

NO SCHOOL

★ **LABOR** ★
★★★★ **DAY** ★★★★★

Tuesday, Sept. 2

Breakfast
Cereal (V/H)

Lunch
Chicken Nuggets with
Spicy Buffalo Cheez-its
Mixed Vegetables
Raisins

Wednesday, Sept. 3

Breakfast
Pigglestick

Lunch
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
Froot Loop
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)

Lunch
Mozzarella Sticks(V/H)
Mixed Vegetables
Craisins

Tuesday, Sept. 9

Breakfast
Cereal Blast
Waffles(V/H)

Lunch
Chicken Patty Sandwich
Cheesy Broccoli
Peach Cup

Wednesday, Sept. 10

Breakfast
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)

Lunch
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 Parfaits(Tuesdays
&Thursdays)
Eggo Graham Bites(V/H)
Poptarts
100% Juice
Assorted Fruit
Milk

Lunch

PBJ Meal(V/H)
Assorted Subs
Grab and Go Entrees
Dairy Lunchable(V/H)
Assorted Salads
Assorted Fresh Fruit
Carroteenies
Fresh Veggie Cup
Assorted Hummus
Milk

*V=Vegetarian

*H=Halal Approved

Christina School District

MIDDLE SCHOOLS & NETWORKS MENU

SEPTEMBER 2025

Monday, Sept. 15

Breakfast

Breakfast Muffins(V/H)

Lunch

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

Season's Pizza (V/H)
Steamed Peas
Chilled Pears

Thursday, Sept. 18

Breakfast

French Toast
Sticks(V/H)

Lunch

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

Friday, Sept. 19

Breakfast

Mini Pancakes(V/H)

Lunch

Hot Ham & Cheese on
Croissant
Warm Vegetarian
Baked Beans
Fruit Icy

Monday, Sept. 22

NO
School
Today

Tuesday, Sept. 23

NO
School
Today

Wednesday, Sept. 24

Breakfast

Cereal (V/H)

Lunch

Season's Pizza(V/H)
Mixed Vegetables
Raisins

Thursday, Sept. 25

Breakfast

Donut Holes(V/H)

Lunch

Popcorn Chicken with
Dinner Roll
Mashed Potatoes with
Gravy
Mandarin Oranges

Friday Sept. 26

Breakfast

Froot Loop
Waffles(V/H)

Lunch

Meatball Sub
Steamed Carrots
Garden Fresh Salad
Peach Cup

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

Breakfast

Cereal Blast Waffles(V/H)

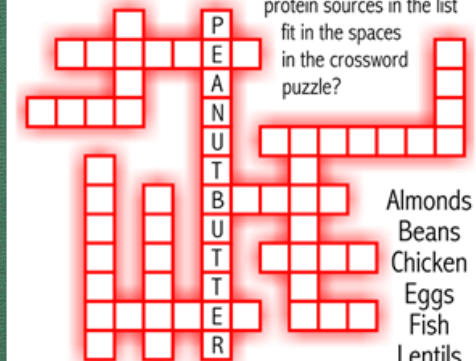
Lunch

Turkey Bacon
Cheeseburger on Bun
Golden Corn
Mixed Fruit 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 1/2 the fat and 1/4 of the saturated fat. Can you make all of the protein sources in the list fit in the spaces in the crossword puzzle?



Almonds
Beans
Chicken
Eggs
Fish
Lentils
Milk
Pork
Soy
Turkey
Walnuts
Yogurt

