

# Christina School District PEEC & STUBBS MENU SEPTEMBER 2025



WELCOME  
**BACK**<sup>TO</sup>  
**SCHOOL**



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

Monday, Sept. 1

NO SCHOOL  
★ **LABOR** ★  
★★★★ **DAY** ★★★★★

Tuesday, Sept. 2

NO SCHOOL

Wednesday, Sept. 3

Breakfast  
Mini Bagels & Apple  
Slices (V/H)

Lunch  
Cheese Pizza(V/H)  
Steamed Broccoli  
Chilled Pears

Thursday, Sept. 4

Breakfast  
Mini Pancakes &  
Banana (V/H)

Lunch  
Rotini with Meat Sauce  
Steamed Carrots  
Applesauce Cup

Friday, Sept. 5

Breakfast  
Cereal & Juice(V/H)

Lunch  
Chicken Nuggets  
Tater Tots  
Mixed Fruit Cup

Monday, Sept. 8

Breakfast  
Banana Bread &  
Applesauce (V/H)

Lunch  
Grilled Cheese  
Sandwich(V/H)  
Mixed Vegetables  
Craisins

Tuesday, Sept. 9

Breakfast  
Mini Waffles &  
Juice(V/H)

Lunch  
Cheeseburger on Bun  
Cheesy Broccoli  
Peach Cup

Wednesday, Sept. 10

Breakfast  
Mini Bagels & Apple  
Slices (V/H)

Lunch  
Cheese Pizza(V/H)  
Steamed Green Beans  
Chilled Pineapple

Thursday, Sept. 11

Breakfast  
Mini Pancakes &  
Banana (V/H)

Lunch  
Beef Nachos  
Golden Corn  
Strawberry Cup

Friday, Sept. 12

Breakfast  
Cereal & Juice(V/H)

Lunch  
Chicken Patty  
Sandwich  
Cinnamon Sweet  
Potato Fries  
Mandarin Oranges

## AVAILABLE DAILY

Breakfast  
Cereal(V/H)  
100% Juice  
Assorted Fruit  
Milk

Lunch  
Grilled Cheese (V/H)  
Cheese Sandwich(V/H)  
Dairy Lunchable(V/H)  
Assorted Fresh Fruit  
Carroteenies  
Fresh Veggie Cup  
Milk

\*V=Vegetarian

\*H=Halal Approved





# Christina School District PEEC & STUBBS MENU SEPTEMBER 2025

Monday, Sept. 15

Breakfast

Banana Bread &  
Applesauce (V/H)

Lunch

Chicken Tenders  
Emoji Fries  
Dried Cherries

Tuesday, Sept. 16

Breakfast

Mini Waffles &  
Juice(V/H)

Lunch

Fish Sticks with Mac &  
Cheese (V/H)  
Steamed Carrots  
Applesauce

Wednesday, Sept. 17

Breakfast

Mini Bagels & Apple  
Slices (V/H)

Lunch

Cheese Pizza (V/H)  
Steamed Peas  
Chilled Pears

Thursday, Sept. 18

Breakfast

Mini Pancakes &  
Banana (V/H)

Lunch

Cheesy  
Breadsticks(V/H)  
Stewed Broccoli  
Mixed Fruit Cup

Friday, Sept. 19

Breakfast

Cereal & Juice(V/H)

Lunch

Hot Dog on Bun  
Warm Vegetarian  
Baked Beans  
Chilled Pineapple

Monday, Sept. 22

NO  
School  
Today

Tuesday, Sept. 23

NO  
School  
Today

Wednesday, Sept. 24

Breakfast

Cereal & Juice(V/H)

Lunch

Cheese Pizza(V/H)  
Mixed Vegetables  
Raisins

Thursday, Sept. 25

Breakfast

Mini Pancakes &  
Banana (V/H)

Lunch

Rotini with Meat Sauce  
Steamed Carrots  
Mandarin Oranges

Friday, Sept. 26

Breakfast

Cereal & Juice(V/H)

Lunch

Chicken Nuggets  
Mashed Potatoes  
Peach Cup

Monday, Sept. 29

Breakfast

Banana Bread &  
Applesauce (V/H)

Lunch

Grilled Cheese  
Sandwich(V/H)  
Cinnamon Sweet Potato  
Fries  
Strawberry Cup

Monday, Sept. 30

Breakfast

Mini Waffles &  
Juice(V/H)

Lunch

Cheeseburger on Bun  
Golden Corn  
Applesauce Cup



## What's on YOUR plate?

**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