



## Welcome BACKTO 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

<u>Breakfast</u> 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)

<u>Lunch</u> Cheeseburger on Bun Cheesy Broccoli Peach Cup Wednesday, Sept. 10

Breakfast Mini Bagels & Apple Slices (V/H)

<u>Lunch</u> Cheese Pizza(V/H) Steamed Green Beans Chilled Pineapple Thursday, Sept. 11

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

<u>Lunch</u> 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)

<u>Lunch</u> Chicken Tenders Emoji Fries Dried Cherries

## Tuesday, Sept. 16

<u>Breakfast</u> 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)

<u>Lunch</u> 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)

<u>Lunch</u>
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)

<u>Lunch</u>
Rotini with Meat Sauce
Steamed Carrots
Mandarin Oranges

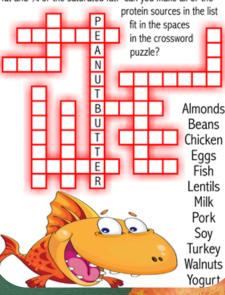
Friday Sept. 26

<u>Breakfast</u> Cereal & Juice(V/H)

Lunch
Chicken Nuggets
Mashed Potatoes
Peach Cup



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 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)

<u>Lunch</u> Cheeseburger on Bun Golden Corn Applesauce Cup



Menu subject to Change. This institution is an Equal Opportunity Provider.