

**Christina School District
CEEC 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

NO SCHOOL

Wednesday, Sept. 3

NO SCHOOL

Thursday, Sept. 4

NO SCHOOL

Friday, Sept. 5

NO SCHOOL

Monday, Sept. 8

Breakfast

Rice Chex(V/H), Juice,
Milk

Lunch

Cheesy
Breadsticks(V/H)
Mixed Vegetables
Craisins

Tuesday, Sept. 9

Breakfast

Cheerios(V/H), Apple
Slices, Milk

Lunch

Cheeseburger on Bun
Cheesy Broccoli
Peach Cup

Wednesday, Sept. 10

Breakfast

Banana Bread(V/H),
Juice, Milk

Lunch

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

Thursday, Sept. 11

Breakfast

Rice Chex(V/H),
Banana, Milk

Lunch

Hot Turkey & Cheese
Sandwich
Golden Corn
Strawberry Cup

Friday, Sept. 12

Breakfast

Kix(V/H), Applesauce,
Milk

Lunch

Chicken Patty
Sandwich
Cinnamon Sweet
Potato Fries
Mandarin Oranges

AVAILABLE DAILY

Breakfast

100% Juice
White Milk

Lunch

Grilled Cheese
Sandwich(V/H)
White Milk

*V=Vegetarian

*H=Halal Approved

Christina School District

CEEC MENU

SEPTEMBER 2025



Monday, Sept. 15

Breakfast

Rice Chex(V/H), Juice,
Milk

Lunch

Chicken Tenders
Emoji Fries
Raisins

Tuesday, Sept. 16

Breakfast

Cheerios(V/H), Apple
Slices, Milk

Lunch

Dairy Lunchable (V/H)
Fresh Vegetables
Applesauce

Monday, Sept. 22

NO
School
Today

Tuesday, Sept. 23

NO
School
Today

Monday, Sept. 29

Breakfast

Rice Chex(V/H), Juice,
Milk

Lunch

Cheesy Breadsticks(V/H)
Cinnamon Sweet Potato
Fries
Strawberry Cup

Monday, Sept. 30

Breakfast

Cheerios(V/H), Apple
Slices, Milk

Lunch

Cheeseburger on Bun
Golden Corn
Raisins

Wednesday, Sept. 17

Breakfast

Muffin(V/H), Juice, Milk

Lunch

Cheese Pizza (V/H)
Steamed Peas
Chilled Peas

Wednesday, Sept. 24

Breakfast

Cheerios(V/H), Juice,
Milk

Lunch

Cheese Pizza(V/H)
Mixed Vegetables
Applesauce Cup

Thursday, Sept. 25

Breakfast

Rice Chex(V/H),
Banana, Milk

Lunch

Chicken Nuggets
Mashed Potatoes
Mandarin Oranges

Thursday, Sept. 18

Breakfast

Rice Chex(V/H),
Banana, Milk

Lunch

Fish Sticks(V/H)
Stewed Broccoli
Mixed Fruit Cup

Friday, Sept. 19

Breakfast

Kix(V/H), Applesauce,
Milk

Lunch

Hot Dog on Bun
Warm Vegetarian
Baked Beans
Dried Cherries

Friday Sept. 26

Breakfast

Kix(V/H), Applesauce,
Milk

Lunch

Grilled Cheese
Sandwich(V/H)
Steamed Carrots
Peach Cup



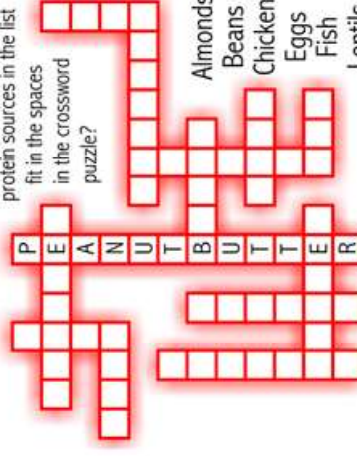
What's on
YOUR
plate?



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

