



Welcome BACKTO SCHOOL



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

Monday, Sept. 1

Tuesday, Sept. 2

Wednesday, Sept. 3

Thursday, Sept. 4

Friday, Sept. 5

NO SCHOOL

LABOR
*** DAY***

NO SCHOOL

NO SCHOOL

NO SCHOOL

NO SCHOOL

Monday, Sept. 8

<u>Breakfast</u> Rice Chex(V/H), Juice, Milk

Lunch
Cheesy
Breadsticks(V/H)
Mixed Vegetables
Craisins

Tuesday, Sept. 9

Breakfast
Cheerios(V/H), Apple
Slices, Milk

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

Breakfast
Banana Bread(V/H),
Juice. Milk

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

<u>Breakfast</u> Rice Chex(V/H), Banana, Milk

<u>Lunch</u>
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

<u>Lunch</u> 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

> <u>Lunch</u> Chicken Tenders Emoji Fries Raisins

Tuesday, Sept. 16

Breakfast Cheerios(V/H), Apple Slices, Milk

<u>Lunch</u>
Dairy Lunchable (V/H)
Fresh Vegetables
Applesauce

Wednesday, Sept. 17

<u>Breakfast</u> Muffin(V/H), Juice, Milk

<u>Lunch</u> Cheese Pizza (V/H) Steamed Peas Chilled Pears Thursday, Sept. 18

<u>Breakfast</u> Rice Chex(V/H), Banana, Milk

<u>Lunch</u> Fish Sticks(V/H) Stewed Broccoli Mixed Fruit Cup Friday, Sept. 19

<u>Breakfast</u> Kix(V/H), Applesauce Milk

> <u>Lunch</u> Hot Dog on Bun Warm Vegetarian Baked Beans Dried Cherries

Monday, Sept. 22

NO School Today Tuesday, Sept. 23

NO School Today Wednesday, Sept. 24

Breakfast Cheerios(V/H), Juice, Milk

<u>Lunch</u> Cheese Pizza(V/H) Mixed Vegetables Applesauce Cup Thursday, Sept.25

<u>Breakfast</u> Rice Chex(V/H), Banana, Milk

Lunch
Chicken Nuggets
Mashed Potatoes
Mandarin Oranges

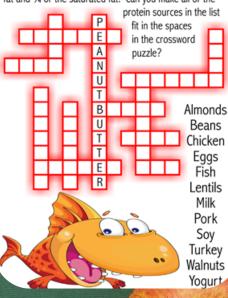
Friday Sept. 26

Breakfast Kix(V/H), Applesauce, Milk

Lunch
Grilled Cheese
Sandwich(V/H)
Steamed Carrots
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 Rice Chex(V/H), Juice, Milk

<u>Lunch</u> Cheesy Breadsticks(V/H) Cinnamon Sweet Potato Fries Strawberry Cup Monday, Sept. 30

Breakfast
Cheerios(V/H), Apple
Slices, Milk

<u>Lunch</u> Cheeseburger on Bun Golden Corn Raisins



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