

**Christina School District  
CEEC 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

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

Wednesday, Sept. 17

#### Breakfast

Muffin(V/H), Juice, Milk

#### Lunch

Cheese Pizza (V/H)  
Steamed Peas  
Chilled Pears

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

Monday, Sept. 22

NO  
School  
Today

Tuesday, Sept. 23

NO  
School  
Today

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

Friday, Sept. 26

#### Breakfast

Kix(V/H), Applesauce,  
Milk

#### Lunch

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

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



**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?

**STEAK**

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