

# Christina School District DOUGLASS & SPA 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

Breakfast  
Cereal(V/H)

Lunch  
Chicken Nuggets with  
Cheez-its  
Mixed Vegetables  
Raisins

Wednesday, Sept. 3

Breakfast  
Manager's Choice

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

Thursday, Sept. 4

Breakfast  
Donut Holes(V/H)

Lunch  
Rotini with Meat Sauce  
& Texas Toast  
Steamed Carrots  
Applesauce Cup

Friday, Sept. 5

Breakfast  
Manager's Choice

Lunch  
Egg & Cheese  
Sandwich on  
Croissant(V/H)  
Tater Tots  
Fruit Icy

Monday, Sept. 8

Breakfast  
Banana Bread(V/H)

Lunch  
Mozzarella Sticks(V/H)  
Mixed Vegetables  
Craisins

Tuesday, Sept. 9

Breakfast  
Manager's Choice

Lunch  
Chicken Patty  
Sandwich  
Cheesy Broccoli  
Peach Cup

Wednesday, Sept. 10

Breakfast  
Cereal(V/H)

Lunch  
Personal Pan  
Pizza(V/H)  
Parmesan Roasted  
Chickpeas  
Spinach Salad  
Chilled Pineapple

Thursday, Sept. 11

Breakfast  
Cinnamon Roll (V/H)

Lunch  
Doritos Walking Taco  
with Beef  
Golden Corn  
Dried Cherries

Friday, Sept. 12

Breakfast  
Donut Holes (V/H)

Lunch  
Chicken Drumstick with  
Pasta Salad  
Cinnamon Sweet  
Potato Fries  
Mandarin Oranges

## AVAILABLE DAILY

Breakfast  
100% Juice  
Assorted Fruit  
Milk

Lunch  
Assorted Fresh Fruit  
Fresh Veggie Cup  
Milk

\*V=Vegetarian  
\*H=Halal Approved



# Christina School District

## DOUGLASS & SPA MENU

### SEPTEMBER 2025

Monday, Sept. 15

Breakfast  
Breakfast Muffins(V/H)

Lunch  
Chicken & Waffles  
Emoji Fries  
Fruit Juice

Tuesday, Sept. 16

Breakfast  
Glazed Pull Apart  
Donut(V/H)

Lunch  
Cheesy Pull Apart (V/H)  
Steamed Carrots  
Applesauce

Wednesday, Sept. 17

Breakfast  
Cereal(V/H)

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

Thursday, Sept. 18

Breakfast  
Cinnamon Roll(V/H)

Lunch  
Creamy Chicken Alfredo  
with Dinner Roll  
Stewed Broccoli  
Side Caesar Salad  
Mixed Fruit Cup

Friday, Sept. 19

Breakfast  
Blueberry Bread(V/H)

Lunch  
Hot Dog on Bun  
Warm Vegetarian  
Baked Beans  
Fruit Icy

Monday, Sept. 22

NO  
School  
Today

Tuesday, Sept. 23

NO  
School  
Today

Wednesday, Sept. 24

Breakfast  
Cereal(V/H)

Lunch  
Stuffed Crust  
Pizza(V/H)  
Mixed Vegetables  
Raisins

Thursday, Sept. 25

Breakfast  
Donut Holes(V/H)

Lunch  
Popcorn Chicken with  
Dinner Roll  
Mashed Potatoes with  
Gravy  
Mandarin Oranges

Friday Sept. 26

Breakfast  
Breakfast Muffins(V/H)

Lunch  
Meatball Sub  
Steamed Carrots  
Garden Fresh Salad  
Peach Cup

Monday, Sept. 29

Breakfast  
Banana Bread(V/H)  
Lunch  
French Toast Sticks with  
Chicken Sausage &  
Yogurt  
Cinnamon Sweet Potato  
Fries  
Strawberry Cup

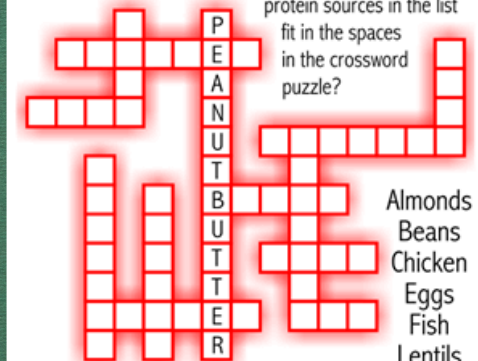
Monday, Sept. 30

Breakfast  
Manager's Choice  
Lunch  
Cheeseburger on Bun  
Golden Corn  
Mixed Fruit 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 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

