

Christina School District DOUGLASS & SPA 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 ★★

Monday, Sept. 8

Breakfast

Banana Bread(V/H)

Lunch

Mozzarella Sticks(V/H)
Mixed Vegetables
Craisins

Tuesday, Sept. 2

Breakfast

Cereal(V/H)

Lunch

Chicken Nuggets with
Cheez-its
Mixed Vegetables
Raisins

Tuesday, Sept. 9

Breakfast

Manager's Choice

Lunch

Chicken Patty
Sandwich
Cheesy Broccoli
Peach Cup

Wednesday, Sept. 3

Breakfast

Manager's Choice

Lunch

Cheese Pizza(V/H)
Steamed Broccoli
Chilled Pears

Wednesday, Sept. 10

Breakfast

Cereal(V/H)

Lunch

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

Thursday, Sept. 4

Breakfast

Donut Holes(V/H)

Lunch

Rotini with Meat Sauce
& Texas Toast
Steamed Carrots
Applesauce Cup

Thursday, Sept. 11

Breakfast

Cinnamon Roll (V/H)

Lunch

Doritos Walking Taco
with Beef
Golden Corn
Dried Cherries

Friday, Sept. 5

Breakfast

Manager's Choice

Lunch

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

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

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Monday, Sept. 15

Breakfast
Breakfast Muffins(V/H)

Lunch
Chicken & Waffles
Emoji Fries
Fruit Juice

Monday, Sept. 22

NO School Today

Monday, Sept. 29

Breakfast
Banana Bread(V/H)

Lunch
French Toast Sticks with
Chicken Sausage &
Yogurt
Cinnamon Sweet Potato
Fries
Strawberry Cup

Tuesday, Sept. 16

Breakfast
Glazed Pull Apart
Donut(V/H)

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

Tuesday, Sept. 23

NO School Today

Monday, Sept. 30

Breakfast
Manager's Choice

Lunch
Cheeseburger on Bun
Golden Corn
Mixed Fruit Cup

Wednesday, Sept. 17

Breakfast
Cereal(V/H)

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

Wednesday, Sept. 24

Breakfast
Cereal(V/H)

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

Thursday, Sept. 18

Breakfast
Cinnamon Roll(V/H)

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

Thursday, Sept. 25

Breakfast
Donut Holes(V/H)

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

Friday, Sept. 19

Breakfast
Blueberry Bread(V/H)

Lunch
Hot Dog on Bun
Warm Vegetarian
Baked Beans
Fruit Icy

Friday Sept. 26

Breakfast
Breakfast Muffins(V/H)

Lunch
Meatball Sub
Steamed Carrots
Garden Fresh Salad
Peach Cup



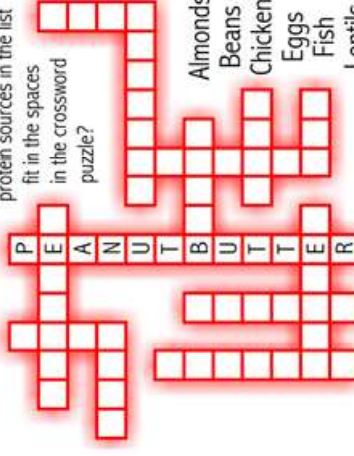
What's on
YOUR
plate?



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

