

Christina School District PEEC & STUBBS 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

Breakfast
Mini Bagels & Apple
Slices (V/H)

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

Thursday, Sept. 4

Breakfast
Mini Pancakes &
Banana (V/H)

Lunch
Rotini with Meat Sauce
Steamed Carrots
Applesauce Cup

Friday, Sept. 5

Breakfast
Cereal & Juice(V/H)

Lunch
Chicken Nuggets
Tater Tots
Mixed Fruit Cup

Monday, Sept. 8

Breakfast
Banana Bread &
Applesauce (V/H)

Lunch
Grilled Cheese
Sandwich(V/H)
Mixed Vegetables
Craisins

Tuesday, Sept. 9

Breakfast
Mini Waffles &
Juice(V/H)

Lunch
Cheeseburger on Bun
Cheesy Broccoli
Peach Cup

Wednesday, Sept. 10

Breakfast
Mini Bagels & Apple
Slices (V/H)

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

Thursday, Sept. 11

Breakfast
Mini Pancakes &
Banana (V/H)

Lunch
Beef Nachos
Golden Corn
Strawberry Cup

Friday, Sept. 12

Breakfast
Cereal & Juice(V/H)

Lunch
Chicken Patty
Sandwich
Cinnamon Sweet
Potato Fries
Mandarin Oranges

AVAILABLE DAILY

Breakfast
Cereal(V/H)
100% Juice
Assorted Fruit
Milk

Lunch
Grilled Cheese (V/H)
Cheese Sandwich(V/H)
Dairy Lunchable(V/H)
Assorted Fresh Fruit
Carroteenies
Fresh Veggie Cup
Milk

*V=Vegetarian
*H=Halal Approved

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Monday, Sept. 15
Breakfast
Banana Bread &
Applesauce (V/H)

Lunch
Chicken Tenders
Emoji Fries
Dried Cherries

Tuesday, Sept. 16
Breakfast
Mini Waffles &
Juice(V/H)

Lunch
Fish Sticks with Mac &
Cheese (V/H)
Steamed Carrots
Applesauce

Wednesday, Sept. 17
Breakfast
Mini Bagels & Apple
Slices (V/H)

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

Thursday, Sept. 18
Breakfast
Mini Pancakes &
Banana (V/H)

Lunch
Cheesy
Breadsticks(V/H)
Stewed Broccoli
Mixed Fruit Cup

Friday, Sept. 19
Breakfast
Cereal & Juice(V/H)

Lunch
Hot Dog on Bun
Warm Vegetarian
Baked Beans
Chilled Pineapple

Monday, Sept. 22

NO
School
Today

Tuesday, Sept. 23

NO
School
Today

Wednesday, Sept. 24
Breakfast
Cereal & Juice(V/H)

Lunch
Cheese Pizza(V/H)
Mixed Vegetables
Raisins

Thursday, Sept.25
Breakfast
Mini Pancakes &
Banana (V/H)

Lunch
Rotini with Meat Sauce
Steamed Carrots
Mandarin Oranges

Friday Sept. 26
Breakfast
Cereal & Juice(V/H)

Lunch
Chicken Nuggets
Mashed Potatoes
Peach Cup

Monday, Sept. 29
Breakfast
Banana Bread &
Applesauce (V/H)

Lunch
Grilled Cheese
Sandwich(V/H)
Cinnamon Sweet Potato
Fries
Strawberry Cup

Monday, Sept. 30
Breakfast
Mini Waffles &
Juice(V/H)

Lunch
Cheeseburger on Bun
Golden Corn
Applesauce Cup

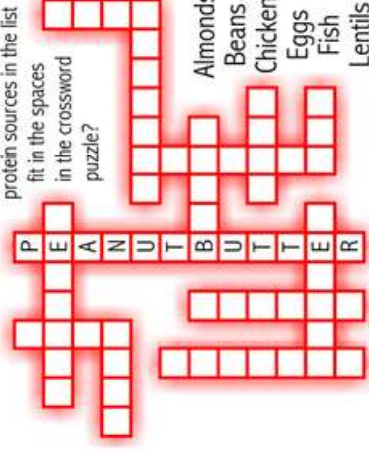


What's on
YOUR
plate?



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

