WELCOME BACK!

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

Monday, Sept. 4
- **Breakfast**: Cereal w/Graham
- **Lunch**: Chicken Meatball Sub
  - Oven Baked French Fries
  - Fruit Icy

Tuesday, Sept. 5
- **Breakfast**: Cereal w/Graham
- **Lunch**: Cheese Pizza
  - Parmesan Ranch
  - Roasted Chickpeas
  - Chilled Pears

Wednesday, Sept. 6
- **Breakfast**: Donut Holes
- **Lunch**: Chicken Nuggets with Cheez-Its
  - Carrots
  - Roasted Chickpeas
  - Chilled Pears

Thursday, Sept. 7
- **Breakfast**: Cinnamon Crumb Loaf
- **Lunch**: Chicken & Cheese Quesadilla
  - Broccoli Florets
  - Roasted Chickpeas
  - Chilled Pears

Friday, Sept. 8
- **Breakfast**: Cinnamon Toast Crumb Pastry
- **Lunch**: Buffalo Chicken Cheesesteak
  - Curly Fries
  - Craisins

Monday, Sept. 11
- **Breakfast**: Banana or Blueberry Bread
- **Lunch**: Deluxe Grilled Cheese
  - Buffalo Chicken Salad
  - Mixed Vegetables
  - Applesauce

Tuesday, Sept. 12
- **Breakfast**: Glazed Donut Sticks
- **Lunch**: Beef Nacho Supreme
  - with Brown Rice and Doritos
  - Golden Corn
  - Peach Cup

Wednesday, Sept. 13
- **Breakfast**: Mini Bagels & Waffle Snaps
- **Lunch**: Beef Nacho Supreme
  - with Brown Rice and Doritos
  - Golden Corn
  - Peach Cup

Thursday, Sept. 14
- **Breakfast**: Cereal Blast Waffles
- **Lunch**: Beef Nacho Supreme
  - with Brown Rice and Doritos
  - Golden Corn
  - Peach Cup

Friday, Sept. 15
- **Breakfast**: Cinnamon Roll
- **Lunch**: Chicken Patty Sandwich
  - Spinach Salad
  - Mixed Fruit

Menu subject to Change. This institution is an Equal Opportunity Provider.
## Christina School District
**Middle School, Douglass, Networks, Spa**

### Menu September 2023

<table>
<thead>
<tr>
<th>Monday, Sept. 18</th>
<th>Tuesday, Sept. 19</th>
<th>Wednesday, Sept. 20</th>
<th>Thursday, Sept. 21</th>
<th>Friday, Sept. 22</th>
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</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
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<tr>
<td>Breakfast Muffins</td>
<td>French Toast Sticks</td>
<td>Breakfast &amp; Sweet Cream Turnover</td>
<td>Glazed Pull Apart Donut</td>
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<tr>
<td><strong>Lunch</strong></td>
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<tr>
<td>Turkey Bacon</td>
<td>Chicken &amp; Waffles</td>
<td>Pepperoni Pizza</td>
<td>Jalapeno Cheese</td>
<td></td>
</tr>
<tr>
<td>Cheeseburger</td>
<td>Emoji Fries</td>
<td>Cheese Pizza</td>
<td>Bites</td>
<td></td>
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<tr>
<td>Steamed Carrots</td>
<td>Fruit Juice</td>
<td>Crispy Chicken Salad</td>
<td>Pizza Green Beans</td>
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<tr>
<td>Applesauce</td>
<td></td>
<td>Salad</td>
<td>Broccoli Florets</td>
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<td></td>
<td></td>
<td>Peas</td>
<td>Mixed Fruit</td>
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<table>
<thead>
<tr>
<th>Monday, Sept. 25</th>
<th>Tuesday, Sept. 26</th>
<th>Wednesday, Sept. 27</th>
<th>Thursday, Sept. 28</th>
<th>Friday, Sept. 29</th>
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</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
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<tr>
<td>Cereal w/Graham</td>
<td>Donut Holes</td>
<td>Cinnamon Crumb</td>
<td>Cheese Ravioli</td>
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<tr>
<td><strong>Lunch</strong></td>
<td></td>
<td>Loaf</td>
<td>w/Garlic Knot</td>
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<tr>
<td>Chicken Tenders</td>
<td></td>
<td>Mixed Vegetables</td>
<td>Glazed Carrots</td>
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<tr>
<td>with Fritos</td>
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<td>Chicken Caesar Salad</td>
<td>Side Garden Salad</td>
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<tr>
<td>Waffle Fries</td>
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<td>Mixed Fruit</td>
<td>Mixed Fruit Cup</td>
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<tr>
<td>Mandarin Oranges</td>
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<td>Peas</td>
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**September is National Fruits & Veggies Month**

Fruits and vegetables are nutritious and delicious! Eating a variety of fruits and vegetables provides many key nutrients. Celebrate by eating fruits and veggies every day!

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**NUTRITION TO GO**

*Broccoli is a “smart carb,” a food that provides lots of fiber and complex carbohydrates that aid digestion and make you feel full longer. Broccoli's good for bone health, heart health, cancer prevention, reducing cholesterol, and even reducing allergies and inflammation!*

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**A QUICK BITE FOR PARENTS**

**JOIN OUR TEAM!**

Part time cafeteria lunch shifts available for 3.0 - 3.5 hours
- Great pay, No nights, weekends or holidays
- Spring, winter & summer breaks
- Apply online through CSD employment using job #17174 & alert the Child Nutrition office of your submission at 302-454-2400