**Welcome Back!**

All Christina Students eat Breakfast and Lunch at no cost all year!

<table>
<thead>
<tr>
<th>Monday, Sept. 4</th>
<th>Tuesday, Sept. 5</th>
<th>Wednesday, Sept. 6</th>
<th>Thursday, Sept. 7</th>
<th>Friday, Sept. 8</th>
</tr>
</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>Cinnamon Toast</td>
<td>Cinnamon Roll</td>
</tr>
<tr>
<td>Lunch</td>
<td>Lunch</td>
<td>Loaf</td>
<td>Crunch Pastry</td>
<td></td>
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<tr>
<td>Chicken Meatball Sub</td>
<td>Cheese Pizza</td>
<td>Chicken Nuggets with Cheez-Its</td>
<td>Chicken &amp; Cheese Quesadilla</td>
<td></td>
</tr>
<tr>
<td>Oven Baked French Fries</td>
<td>Parmesan Ranch</td>
<td>Carrots</td>
<td>Broccoli Florets</td>
<td></td>
</tr>
<tr>
<td>Fruit Icy</td>
<td>Roasted Chickpeas</td>
<td>Apple Harvest Salad</td>
<td>Peach Cup</td>
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<thead>
<tr>
<th>Monday, Sept. 11</th>
<th>Tuesday, Sept. 12</th>
<th>Wednesday, Sept. 13</th>
<th>Thursday, Sept. 14</th>
<th>Friday, Sept. 15</th>
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</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
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</tr>
<tr>
<td>Banana or Blueberry Bread</td>
<td>Glazed Donut Sticks</td>
<td>Mini Bagels &amp; Waffle Snaps</td>
<td>Cereal Blast Waffles</td>
<td>Cinnamon Roll</td>
</tr>
<tr>
<td>Lunch</td>
<td>Lunch</td>
<td>Lunch</td>
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<td>Lunch</td>
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<tr>
<td>Buffalo Chicken</td>
<td>Deluxe Grilled Cheese</td>
<td>Stuffed Crust Pizza</td>
<td>Beef Nacho Supreme with Brown Rice and Doritos</td>
<td>Chicken Patty Sandwich</td>
</tr>
<tr>
<td>Cheesesteak</td>
<td>OR Gochujang</td>
<td>Carrots</td>
<td>Golden Corn</td>
<td>Spinach Salad</td>
</tr>
<tr>
<td>Curly Fries</td>
<td>Chicken Drumsitck</td>
<td>Steamed Green Beans</td>
<td>Doritos</td>
<td>Mixed Fruit</td>
</tr>
<tr>
<td>Craisins</td>
<td>with Pasta Salad</td>
<td>Cucumber Slices</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>Buffalo Chicken Salad</td>
<td>Pineapple</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Mixed Vegetables</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>Applesauce</td>
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</tbody>
</table>

Menu subject to Change. This institution is an Equal Opportunity Provider.
Breakfast
- Breakfast Muffins

Lunch
- Turkey Bacon Cheeseburger
- Steamed Carrots Applesauce

Tuesday, Sept. 19

Breakfast
- French Toast Sticks

Lunch
- Chicken & Waffles
- Emoji Fries
- Fruit Juice

Wednesday, Sept. 20

Breakfast
- Strawberry & Sweet Cream Turnover

Lunch
- Pepperoni Pizza
- Cheese Pizza
- Crispy Chicken Salad
- Peas
- Chilled Pears

Thursday, Sept. 21

Breakfast
- Glazed Pull Apart Donut

Lunch
- Jalapeno Cheese Bites
- Pizza Green Beans
- Broccoli Florets
- Mixed Fruit

Friday, Sept. 22

Breakfast
- Glazed Pull Apart Donut

Lunch
- Jalapeno Cheese Bites
- Pizza Green Beans
- Broccoli Florets
- Mixed Fruit

Monday, Sept. 18

Breakfast
- Cereal w/Graham

Lunch
- Chicken Tenders with Fritos
- Waffle Fries
- Mandarin Oranges

Tuesday, Sept. 19

Breakfast
- Cereal w/Graham

Lunch
- Chicken Tenders with Fritos
- Waffle Fries
- Mandarin Oranges

Wednesday, Sept. 20

Breakfast
- Donut Holes

Lunch
- Personal Pan Pizza
- Chicken Caesar Salad
- Mixed Vegetables
- Chilled Pears

Thursday, Sept. 21

Breakfast
- Cinnamon Crumb Loaf

Lunch
- Cheese Ravioli
- Garlic Knot
- Glazed Carrots
- Side Garden Salad
- Mixed Fruit Cup

Friday, Sept. 22

Breakfast
- Cinnamon Toast Crunch Pastry

Lunch
- Hot Dog on Bun with Doritos
- Warm Vegetarian Baked Beans
- Peach Cup

Monday, Sept. 25

NO School Today

Tuesday, Sept. 26

NO School Today

Wednesday, Sept. 27

Breakfast
- Cinnamon Ray's Crunch Pastry

Lunch
- Chicken Caesar Salad
- Mixed Vegetables
- Chilled Pears

Thursday, Sept. 28

Breakfast
- Cinnamon Toast Crunch Pastry

Lunch
- Hot Dog on Bun with Doritos
- Warm Vegetarian Baked Beans
- Peach Cup

Friday, Sept. 29

Breakfast
- Cinnamon Toast Crunch Pastry

Lunch
- Hot Dog on Bun with Doritos
- Warm Vegetarian Baked Beans
- Peach Cup

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!

NUTRITION TO GO

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

A QUICK BITE FOR PARENTS

Christina School District
HIGH SCHOOL MENU
SEPTEMBER 2023

NUTRITION TO GO
Broccoli is a “smart carb,” a food that provides a lot 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!

NOW HIRING

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