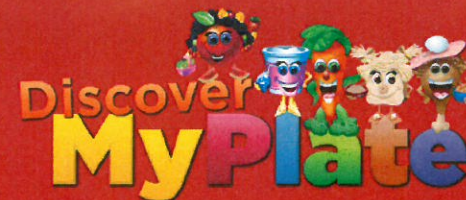


# Columbus Community Schools



## August 2019



### Why is it not wise to tell secrets in a cornfield?

There are too  
many ears!

Also Available Instead of the  
Main Entrée: High School  
Cold Meat Sandwich, Chef  
Salad, or Cereal, PBJ  
Sandwich, and 1 Cheese  
stick.

Roundy 4-6 grade: Cereal,  
PBJ sandwich, and 1 cheese  
stick or Chef Salad.

### What am I?

I'm round and grow  
under the ground. My tall  
green tops taste good in  
soups and salads, but my  
red or golden root tastes  
nice and sweet.

Beets

This institution is an equal  
opportunity provider.

MONDAY

Juice, milk, fruit  
and cereal  
offered Daily  
with Breakfast.

TUESDAY

WEDNESDAY

Menus May be  
Changed due to  
Circumstances  
Beyond our  
Control.

THURSDAY

FRIDAY

Milk Choices  
served Daily  
with Lunch.

Pre-k white milk  
only.

WELCOME  
BACK TO  
2019-2020  
SCHOOL  
YEAR!

23 Cinnamon bun

Pizza  
Corn  
Applesauce

26 French Toast  
Sticks

Hot Dog  
Tatar Tots  
Banana

27 Breakfast Pizza  
Egg/Bacon Sausage  
**NATIONAL BURGER  
DAY!**  
Cheeseburger on bun  
French Fries  
Broccoli  
Peaches

28 Muffin

Chicken Fajitas  
Flour tortilla  
Refried Beans  
Salsa, Corn  
Applesauce

29 Cereal, Toast,  
And Fruit  
Orange Chicken  
Rice,  
California Blend  
Fortune Cookie  
Pineapple

30 Breakfast  
Biscuit

Pork Fritter on a  
bun, Cole Slaw,  
Carrots,  
Apple Slices



Use the  
Nutrition Facts  
label and  
ingredients list  
to limit items  
high in sodium,  
saturated fat,  
and added  
sugars. Choose  
vegetable oils  
instead of  
butter, and  
oil-based sauces  
and dips instead  
of ones with  
butter, cream, or  
cheese.

**TEAM**  
NUTRITION  
**IOWA**