

I'm  
**DELILAH**  
THE DAIRY COW

# OCTOBER

2019

COLUMBUS COMMUNITY SCHOOLS

**GOOD  
EATS AT**

Menus may be changed due to Circumstances Beyond our Control. Juice, milk, fruit and cereal offered daily at Breakfast.

Milk choices served daily with Lunch. Pre-k white milk only.

**SPECIAL  
ANNOUNCEMENTS**

**HOMECOMING  
OCTOBER 14-18  
GO WILDCATS!**

Also available instead of main entrée: MS/HS – 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.



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**



This product was funded by USDA.  
This institution is an equal opportunity provider.

**M**

Mini Cinnamon Bagels  
  
Chicken Fried Chicken  
Mashed Potatoes  
w/Gravy, Green Beans  
Strawberries 1

**T**

Breakfast Combo  
Hash Brown & Fruit  
Cheeseburger on bun  
French Fries  
Cottage Cheese  
Pineapple 2

**W**

Cereal, PBJ, & Fruit  
  
Turkey and Cheese  
Wrap w/ lettuce and  
tomato, Sun Chips,  
Apple Slices 3

**TH**

Yogurt Parfait  
  
Hot Dog on bun  
Tatar Tots  
Peaches 4

**F**

Cinnamon Bun & Fruit  
Pork Fritter on bun  
Pork & Beans  
Fritos  
Applesauce Cups 11

Biscuits and Gravy  
Chicken Fajitas, flour  
Tortilla, Cheese,  
Shredded Lettuce,  
Salsa, Corn,  
Applesauce 7

Pancakes and Sausage  
Beef & Bean Burrito  
Cheese Sauce  
Romaine Lettuce w/  
Ranch Dressing  
Blue berries 8

Breakfast Pizza  
Egg/Bacon or Sausage  
Chicken Patty on bun  
Broccoli w/ Cheese  
Pears 9

French Toast Sticks  
Texas Mountain- Texas  
toast, hamburger,  
mashed potatoes, and  
cheese sauce,  
Peaches 10

Omelet Wrap  
Loaded Spikes- French  
Fries topped w/  
hamburger & cheese  
sauce, Romaine Lettuce  
w/ dressing  
Churro  
Pears 14

Breakfast Biscuit  
Running Tacos-  
Hamburger, Doritos  
Shredded Lettuce,  
Cheese, Salsa, Corn  
Applesauce 15

Frudel  
Popcorn Chicken  
Mashed Potatoes  
Peas & Carrots  
Peach Applesauce 16

Breakfast Pizza  
Egg/Bacon or Sausage  
Mini Footballs - mini  
corndogs, Baked  
Beans, Cottage Cheese  
Pineapple 17

Long John  
Wildcat Burger –  
Cheeseburger, Bacon,  
lettuce & tomato,  
French Fries  
Sidekick 18

Cereal Toast & fruit  
Beefy Cheesy Nachos  
Salsa, Sour Cream  
Romaine Lettuce w/  
dressing  
Banana 21

Breakfast Pizza  
Egg/Bacon or Sausage  
Fiesta Pizza  
Corn  
Applesauce  
9-12 Breadstick 22

Breakfast Combo  
Mr. Rib on bun  
Scalloped Potatoes  
Broccoli  
Peaches 23

Waffles in a bag  
  
Misc. Chicken  
Mashed Potatoes  
Peas  
Mandarin Oranges 24

**NO  
SCHOOL!** 25

Scrambled Eggs &  
Ham, Toast  
Tomato Soup  
Grilled Cheese  
Crackers, Celery &  
Carrots, Pears 28

Cereal Bar & Fruit  
Breakfast for Lunch-  
Pancakes, omelet,  
Tri tatar, sausage patty,  
Orange, Apple & Grape  
Juice 29

Breakfast Pizza  
Egg/bacon or Sausage  
Chicken and Noodles  
Mashed Potatoes  
Corn  
Apricots 30

Cinnamon Bun  
  
Mummy Dogs  
Smile Fries  
Spinach Salad  
Orange Slices 31

**NATIONAL  
SCHOOL  
LUNCH WEEK  
OCTOBER 14-18**  
[SquareMeals.org/NSLW](http://SquareMeals.org/NSLW)



Food and Nutrition Division | National School Lunch Program and School Breakfast Program