



# AUGUST

2020

COLUMBUS COMMUNITY  
SCHOOLS



m

3.

t

REGISTRATION @  
ROUNDY ELEMENTARY  
11:00A.M. – 6:00 P.M.

w

5.

REGISTRATION @  
ADMINISTRATION BUILDING  
FOR NEW FAMILIES  
8:00 A.M 4:00 P.M.

th

6.

REGISTRATION @  
ROUNDY ELEMENTARY  
11:00 A.M. – 6:00 P.M.

f

7.

10.

11.

WELCOME BACK  
TO THE 2020 -2021  
SCHOOL YEAR!

12.

13.

14.

17.

18.

19.

20.

21.

Cinnamon Bun

Hot Dog on a bun

Sun Chips

Banana

24.

Muffin & Fruit  
Mandarin Orange Chicken  
Rice, California Blend  
Fortune Cookie  
Pineapple

25.

Frudel

Sub Sandwich-lettuce, cheese  
tomato, Fritos

Carrot Sticks

Apple Slices

26.

Waffles in a bag

Hamburger(loose meat)  
on a bun, French Fries,

Peaches

NATIONAL BURGER DAY!

27.

Mini Cinnis  
Assorted Chicken Entrees  
Mashed Potatoes

Corn

Pears

28.

Cereal Bar

BBQ Pork on a bun

Potato Salad

Celery & peanut butter

31.

## Special Announcements:

Menus may be changed to Circumstances beyond our control. Orange juice and Milk served with breakfast. Milk choices served with lunch, Pre-k white milk only. Also available instead of main entrée  
Hs/Ms- Cold meat sandwich, Chef salad w/ roll, Cereal w/ pb&j sandwich & 1 cheese stick. Roundy 4-6 grade Cereal w/pb&j sandwich & 1 cheese stick or Chef salad w/ roll.



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

This product was funded by USDA.

This institution is an equal opportunity provider.



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

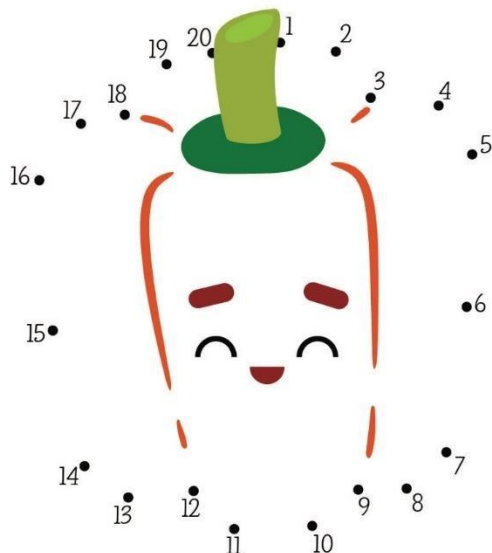


Updated 01/2020  
[www.SquareMeals.org](http://www.SquareMeals.org)

# PLATENARY PEPPER'S

Our solar system has eight planets: Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, and Neptune. The largest planet is Jupiter and the smallest planet is Mercury. There are five official dwarf planets in our solar system: Ceres, Pluto, Haumea, Makemake, and Eris. More dwarf planets are waiting for official classification, and up to 10,000 dwarf planets may exist in our solar system.

## CONNECT THE DOTS



## DID YOU KNOW?

Red bell peppers could be called the full-grown bell peppers, because they are picked later than other bell peppers. They often have a sweet taste. Yellow peppers are picked in the middle of their growing time and rank between green and red bell peppers on how ripe they become.

Bell peppers are an excellent source of vitamin A (in the form of carotenoids), vitamin C and vitamin K, vitamin B6 and dietary fiber. They are also a good source of folate, niacin, thiamin and magnesium. Vitamin C helps your body heal from falls and scrapes and vitamin B6 supports normal nervous system function and brain development.



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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



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



Updated 01/2020  
[www.SquareMeals.org](http://www.SquareMeals.org)