SEPTEMBER

COLUMBUS COMMUNITY SCHOOLS





Long John

Breakfast Pizza – egg/bacor

Breakfast for Lunch- pancakes,
sausage patty, hash brown,

Taco – hamburger flour shel

8.

Or sausage
Taco – hamburger, flour shell,
shredded lettuce, cheese, Rice,
Refried beans,Salsa,Applesauce

Scone
Chicken patty on a bun
Baked Beans
Cottage Cheese
Pineapple

Omelet wrap
Texas Mountain- texas toast,
Hamburger, cheese sauce,
Mashed potatoes, broccoli,
Peaches

NO SCHOOL! LABOR DAY

7. Cheese Pizza
Corn
Applesauce

Breakfast Combo
Beef and Bean Burrito
Cheese sauce, Salsa
Romaine Lettuce
Blueberries

Breakfast Pizza – egg/bacon
Or sausage
Creamed Chicken on a biscuit
Peas
Mandarin Oranges

Breakfast Biscuit – egg patty
Sausage patty and cheese slice
Chili crispito, cheese sauce,
Spinach salad w/ ranch
dressing, peaches

Breakfast pizza- egg/bacon
Or sausage
Mr. Rib
Sweet potato puffs
Apple slices

omelet, Orange, Apple, Grape

or Tomato Juice

Yogurt and Graham crackers

Cereal & toast
Hamburger (loose meat) on a bun
French fries

Banana

Pancakes & sausage
Beefy cheesy nachoshamburger, Tostito chips,
cheese sauce, Salsa, Corn,
Kiwi

Mini Bagels
Corndogs
Cottage cheese
Baked Beans
Pineapple

Biscuits and Gravy

Pork Fritter on a bun

French Fries

Apple slices

11.

Mini Blueberry Waffles
Chicken wrap- flour tortilla,
chicken strips, shredded lettuce,
cheese, Salsa,
Refried beans, Rice, Cantaloup

Cinnamon Bun
Spaghetti
Romaine Lettuce w/ ranch
dressing, Roll,
Peaches
22.

Breakfast Burrito
Macaroni & cheese
Little Smokies
Broccoli
Applesauce

Breakfast pizza – egg/bacon
Or sausage
Hot dog on a bun
French Fries
Apricots

Frudel
Sub Sandwich – meat,
shredded lettuce, cheese slice,
Fritos, Carrots in a bag,
Apple slices

Apple slices

Muffin & Fruit
Turkey wrap- flour tortilla,
shredded lettuce, tomato slice,
cheese, Sun chips
Orange
28.

Breakfast pizza – egg/bacon Or sausage Augratin Potatoes w/ ham California Blend, Breadstick

Scambled eggs w/ ham, toast
Chicken nuggets
Mashed potatoes
Corn
Peaches
30.

Special Announcements:

Menus may be changed due 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 Cereal w/pb&j sandwich & 1 cheese stick or Chef salad w/ roll.



TEXAS DEPARTMENT OF AGRICULTURE COMMISSIONER SID MILLER

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MARTIAN MELONS



Mars is the fourth planet from the sun and it gets its name from a mythological figure - the Roman god of war. Mars is sometimes called the Red Planet because of the brownish-red color of its surface. Of all the planets in our solar system (besides Earth), Mars is one of the planets most likely to support life. New space missions are planned for the next decade to increase our understanding of Mars. The science and technology developed through Mars exploration may someday allow humans to visit the Red Planet.

COLOR BY NUMBERS



DID YOU KNOW?

Watermelon has a smooth hard rind, usually green with dark green stripes or yellow spots. It also has a juicy, sweet inside that is deep red to pink, but sometimes orange, yellow, or white. The first recorded watermelon harvest occurred nearly 5,000 years ago in Egypt and watermelons are now grown in 96 countries worldwide.

Watermelons are mostly water — about 92% — and are a very good source of vitamin A and vitamin C. Vitamin C supports maintenance of collagen, protects against infection and helps in iron absorption. Watermelons also contain a high level of lycopene, which helps to protect against heart disease and cancer.

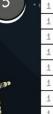


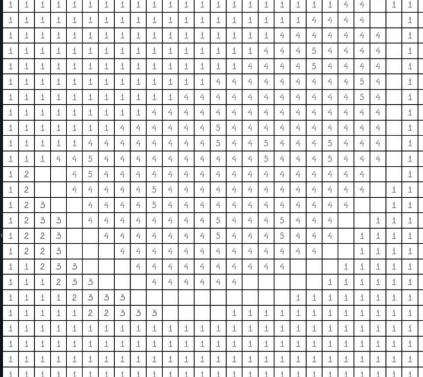














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