



OCTOBER

2020

COLUMBUS COMMUNITY SCHOOLS



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 MS/HS: 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

French toast sticks
Orange chicken
Rice, California Blend
Pineapple
Fortune Cookie

5.

Breakfast biscuit – sausage patty,
Egg patty, cheese slice
Assorted Lunch Entree
Romaine Lettuce w/ ranch
Roll, Peaches

6.

Assorted Breakfast Entree
Chicken Nuggets
Mashed potatoes
Kidney Beans
Mixed Fruit

7.

Breakfast Pizza – egg/bacon or
Sausage
Loaded tatar tots – hamburger
cheese sauce
Green Beans, Pears

8.

Cereal, toast, and fruit
Pizza melts – hamburger, pizza
sauce, mozzarella cheese on a bun
Corn
Applesauce

9.

Mini bagels – cinn. or straw.
BBQ Pork on a bun
Broccoli w/ cheese
Sun Chips
Apricots

12.

Breakfast pizza- egg/ bacon or
Sausage
Taco – flour shell, hamburger,
Rice, Refried Beans,
Salsa, Apples

13.

Omelet wrap
Chicken patty on a bun
Potato salad
Carrots, HS- mixed berry cups
Roundy - Peaches

14.

Pancakes and Sausage
Texas Mountain – hamburger,
mashed potatoes, cheese sauce
Broccoli, HS – Peaches
Roundy – Mixed berry cups

15.

Scone
Fiestada pizza – w/ shredded
lettuce, cheese and dorito
Chips, Corn
Apple crisp

16.

Cereal, toast, and fruit
Hamburger on a bun
French fries
Carrots
Pears

19.

Combo and toast
Breakfast for Lunch- Pancakes,
Sausage patty, Omelet, Hash
Brown, Grape, Apple, Orange or
Tomato Juice

20.

Muffin and Fruit
Chili crispito w/ cheese sauce
Romaine lettuce w/ranch
Peaches
Churro

21.

Scrambled eggs and Ham w toast
Chicken Noodles
Mashed potatoes
Corn
Apricots

22.

Breakfast pizza egg/ bacon or
Sausage
Corndog
Baked beans
Cottage cheese & Pineapple

23.

Waffles in a bag
Chicken wrap – chicken strips, in a
flour tortilla, shredded lettuce,
cheese, Refried beans
Rice, Salsa, & Peaches

26.

Biscuits and Sausage gravy
Goulash
Green Beans
Wheat roll
Pears

27.

Breakfast pizza – egg/ bacon or
Sausage
Beefy cheesy Nachos- tortilla
chips, cheese sauce, hamburger
Corn, & Applesauce

28.

Ring Donut and Fruit
Creamed chicken on a biscuit
Peas
Mandarin Oranges

29.

NO
SCHOOL!

30.

- National School Lunch Week Oct. 12-16



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National School Lunch Program and School Breakfast Program



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CONSTELLATION CHICKEN



A constellation is a group of visible stars that form a pattern or picture in the sky. The pattern they form may take the shape of an animal, a mythological creature, a man, a woman, or an inanimate object. Astronomers recognize 88 different constellations. The smallest constellation is the Southern Cross, Crux, and the largest constellation is the Water Snake, Hydra.

DID YOU KNOW?

National School Lunch Week is this month! Look for proteins like chicken in your school cafeteria and try new foods from Texas farms and ranches! Milk, lean meat, fruit, vegetables, and whole grains can all be part of a healthy school lunch – and they're all produced right here in Texas.

Chicken is an excellent source of protein. Protein is important because it builds muscles and helps keep your body strong. Chicken is also low in fat, making it a healthy choice for any meal.



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FIND THE DIFFERENCE

One of the chickens is not like the other. Circle the one you think it could be.



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