

# OCTOBER

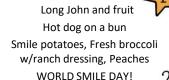
#### **COLUMBUS COMMUNITY SCHOOLS**







Cereal bar and fruit Chicken faiitas - flour shell. chicken, Shredded lettuce, cheese, Rice, Refried Beans, Salsa, Applesauce



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

cheese stick or Chef salad w/ roll

Breakfast biscuit - sausage patty, Egg patty, cheese slice Assorted Lunch Entree Romaine Lettuce w/ ranch 6. Roll, Peaches

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

> Assorted Breakfast Entree Chicken Nuggets Mashed potatoes **Kidney Beans** Mixed Fruit

Breakfast Pizza - egg/bacon or Sausage Loaded tatar tots - hamburger cheese sauce 8. Green Beans, Pears

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

**Applesauce** 

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

Breakfast pizza- egg/ bacon or Sausage Taco – flour shell, hamburger, Rice, Refried Beans, 13. Salsa, Apples

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

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 16. Apple crisp

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

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 21. Churro

Scrambled eggs and Ham w toast Chicken Noodles Mashed potatoes Corn 22. **Apricots** 

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

Biscuits and Sausage gravy Goulash Green Beans Wheat roll Pears

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

Creamed chicken on a biscuit Peas Mandarin Oranges

Ring Donut and Fruit

NO SCHOOL! 30.



National School Lunch Week Oct. 12-16



TEXAS DEPARTMENT OF AGRICULTURE **COMMISSIONER SID MILLER** 

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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.

### FIND THE DIFFERENCE

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

### 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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