



NOVEMBER

2020

COLUMBUS COMMUNITY SCHOOLS



Cereal, toast, and fruit
Chicken Nuggets
Mashed potatoes
Broccoli
Mixed fruit

2.

Breakfast burrito – tortilla,
scrambled eggs, ham & cheese
Pizza
Corn
Applesauce

3.

Muffin and fruit
Hamburger on a bun
French fries
Orange

4.

Breakfast pizza – egg/bacon or
sausage
Breakfast for lunch- Pancakes,
sausage patty, tri tatars, omelet,
Apple, grape, orange, and tomato
juice

5.

Frudel
Weiner wink
Baked beans
Cottage cheese
Pineapple

6.

Long john and Fruit
Creamed chicken on a biscuit
Peas
Mandarin Oranges

9.

Breakfast Pizza- egg/bacon or
sausage
Spaghetti with meat sauce
Romaine lettuce with ranch
Wheat roll, Peaches

10.

Ham combo and toast
Mr. Rib on a bun
French fries
Cole slaw
Banana

11.

Breakfast mountain- English
muffin, egg, sausage and cheese
Opened face hot beef sandwich
Mashed potatoes and gravy
Corn, Apricots

12.

Mini bagels and fruit
Beefy cheesy Nachos- hamburger,
cheese sauce, on tortilla chips
Refried beans
Salsa, Applesauce

13.

Breakfast pizza – egg/bacon or
sausage
Chicken patty on a bun
Tatar tots
Cooked carrots, Pears

16.

Scone and fruit
Taco – flour tortilla, hamburger
Shredded lettuce, cheese
Rice, refried beans, Salsa
Applesauce

17.

Breakfast biscuit- biscuit, egg
patty, bacon, cheese slice
Hot ham and cheese
Sun chips, carrots
Mixed berry cups

18.

Donut and fruit
THANKSGIVING LUNCH
Sliced turkey, mashed potatoes,
Gravy, sweet potatoes, stuffing,
Green beans, cranberry sauce
Ice cream

19.

Biscuits and gravy
Chili crispito w/ cheese sauce
Romaine lettuce w/ ranch
Peaches
Cinnamon Roll

20.

Pancakes and sausage links
Orange chicken
Rice
California blend, Pineapple
Fortune cookie

23.

Cereal Bar, and fruit
Hot dog
Smiles
Peaches
Cookie

24.

NO SCHOOL!

Thanksgiving Break!

25.

NO SCHOOL

HAPPY

THANKSGIVING!

26.

NO SCHOOL!

Thanksgiving Break!

27.

Waffles in a bag
Chicken wrap- flour tortilla,
chicken strips, shredded lettuce,
cheese, Salsa, Rice
Refried beans, Applesauce

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



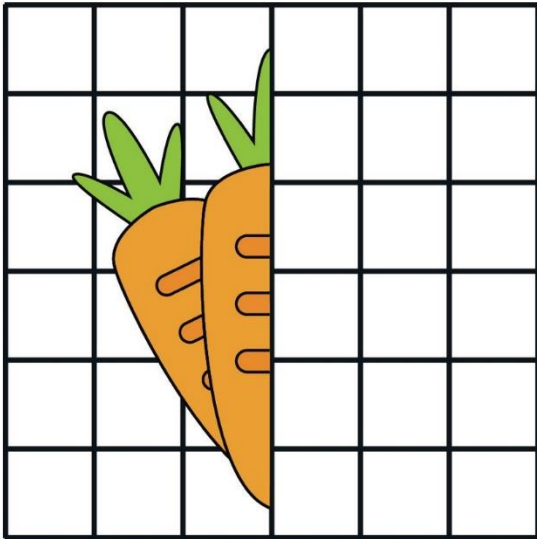
Updated 01/2020
www.SquareMeals.org



COMET CARROTS

Comets consist of ice and dirt. They are like dirty snowballs except they can reach sizes of about 6 miles across. When they are close to the sun, comets have tails that can be more than 100 million miles long. They circle the sun just like the Earth. The most famous comet is Halley's Comet. It has been observed for more than 2,000 years and its orbit makes it visible from the Earth every 76 years. It was named after the British astronomer Edmond Halley.

COMPLETE THE DRAWING



DID YOU KNOW?

Carrots are root vegetables like potatoes, turnips and beets. The orange root is a popular vegetable, but did you know you can eat the green leaves or carrot tops? Carrots are rich in vitamin A, vitamin C, vitamin K, potassium and dietary fiber. They also are a good source of antioxidants.

The health benefits of carrots are many, including helping to reduce cholesterol, preventing heart disease, protecting against development of certain cancers, improving vision, and reducing the signs of premature aging.

