



DECEMBER

2020

COLUMBUS COMMUNITY
SCHOOLS



m

Sausage gravy and Biscuits
Texas Mountain – texas toast,
hamburger, mashed potatoes, and
cheese sauce
Broccoli, Peaches

1.

t

Scrambled eggs & ham, toast
Chicken Nuggets
Macaroni and Corn bake
Mixed berry fruit cups
Hs – Wheat roll

2.

w

Cereal and PB&J sandwich
Taco Lasagna – flour shell,
hamburger, black beans, and
cheddar cheese, Romaine lettuce
w/ Ranch dressing, Tostito chips,
Applesauce

3.

th

Breakfast pizza – egg/bacon or
sausage
Hot dogs, Smiles,
Celery w/ peanut butter
Grapes
NATIONAL COOKIE DAY

4.

f

Breakfast biscuit –biscuit, bacon,
egg patty, and cheese slice
Taco – flour tortilla, hamburger,
shredded lettuce, cheese,
Refried beans, Spanish rice,
Applesauce

7.

Breakfast pizza- egg/ bacon or
sausage
Chicken Alfredo
Broccoli
Breadstick
Peaches

8.

Muffin and Fruit
Pizza
Green Beans
MS/HS – Strawberries
Roundy - Apricots

9.

Scone and Fruit
Corn dog
Baked beans
Cottage cheese
Pineapple

10.



Mini bagels
Beefy cheesy Nachos
Corn
Mixed fruit
NATIONAL BAGEL DAY!

11.

Omelet wrap
Hamburger on a bun
French Fries
Carrots
Banana

14.

Donut and fruit
XMAS DINNER
Ham slice, mashed potatoes and
gravy, Corn, Roll, Peaches
Ice cream

15.

Assorted Breakfast Entrée
Assorted Lunch Entrée
Kidney beans
Hash brown
Pears

16.

Breakfast Pizza – egg/bacon or
sausage
Chili crispito w/ cheese sauce
Romaine lettuce w/ ranch dressing
Mixed fruit

17.

Waffles in a bag
Hot Ham and cheese
Sun chips
Carrots in a bag, Sidekick

18.

NO SCHOOL!

21.

NO SCHOOL!



22.

NO SCHOOL!



23.

NO SCHOOL!



24.



NO SCHOOL!

28.

NO SCHOOL!

29.

NO
SCHOOL

30.

NO
SCHOOL

31.

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 grade: Cereal / pb&j sandwich & 1 cheese stick or Chef salad w/roll.



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



TEXAS DEPARTMENT OF AGRICULTURE
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GALAXY GREENS

The Milky Way is the galaxy which contains our solar system. The name "milky" comes from the Greek word galaxias and is used to describe our galaxy's appearance as a dim glowing band that arches across the night sky – making individual stars indistinguishable to the naked eye. Inside the Milky Way are at least 100 billion stars. The oldest star in the Galaxy is known as the Methuselah star, and it is at least 13.6 billion years old.

COMPLETE THE PATTERN



DID YOU KNOW?

Spinach is a leaf vegetable, also called potherb, vegetable green, leafy green and salad green. Spinach is an excellent source of beta carotene, a nutrient that helps our immune systems, skin and eyes. Spinach is a very good source of vitamin K for healthy blood and vitamin B6 supporting normal nervous system function and brain development. It is also a very good source of dietary fiber, phosphorus, magnesium, potassium, calcium, manganese, folate, vitamin E, vitamin C and iron. Spinach tastes great in salads, on a sandwich, tossed in an omelet, mixed in a smoothie, and more!



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