



# JANUARY

2021

## COLUMBUS COMMUNITY SCHOOLS



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

NO SCHOOL!

Happy  
New  
Year

1.

Mini bagels  
Spaghetti  
Green Beans, Roll  
Peaches  
NATIONAL SPAGHETTI DAY! 4.



Cereal and PB&J sandwich  
Popcorn Chicken  
Mashed Potatoes  
California Blend  
Banana 5.

Breakfast pizza – egg/bacon or Sausage  
Corn dog  
Baked beans  
Cottage cheese and Pineapple 6.

Donut and fruit  
Hamburger on a bun  
French fries  
Misc. Fruit 7.

Pancakes and sausage  
Pizza  
Romaine Lettuce w/ ranch dressing  
Applesauce 8.

Omelet wrap  
Creamed chicken on a biscuit  
Peas  
Pears 11.

Breakfast pizza – egg/bacon or Sausage  
Walking Tacos- hamburger, doritos, shredded lettuce and cheese, Corn  
Applesauce 12.

French toast sticks  
Chicken strips  
Mashed potatoes  
Broccoli  
Kiwi 13.

Ham slice, toast, and fruit  
Burrito w/cheese sauce  
Refried Beans  
Rice  
Mandarin oranges 14.

Combo and scrambled eggs, toast  
Sloppy joe on a bun  
Sweet potato puffs  
Grapes, Strawberry Ice cream  
NATIONAL STRAWBERRY IC DAY! 15.



Breakfast biscuit – biscuit, egg patty, sausage patty, & cheese  
Chicken patty on a bun  
Smiles, Broccoli  
Apple slices 18.

Muffin and fruit  
Breakfast for lunch – hash browns, omelet, sausage patty, pancakes, Apple, Orange, Grape, or Tomato juice 19.

Cereal, toast & fruit  
Tatar tot casserole  
Green beans  
Roll  
Mixed fruit 20.

Breakfast pizza – egg/ bacon or sausage  
Chicken nuggets  
Mashed potatoes, Corn  
Peaches 21.

Scone  
Tomato soup  
Grilled cheese  
Carrot and celery sticks  
Pears 22.

Breakfast mountain – English muffin, egg patty, sausage & cheese  
Mini corn dogs  
Baked beans  
Cottage cheese & pineapple 25.

Breakfast pizza – egg/bacon or Sausage  
Chicken wrap – flour tortilla, chicken strips, shredded lettuce, Cheese, Rice, refried beans  
Applesauce 26.

Frudel  
Beefy Cheesy Nachos  
Lettuce salad with ranch  
Dressing  
Apricots 27.

Blueberry pancakes  
Beef and Noodles  
Mashed potatoes  
Corn and Peaches  
NATIONAL BLUEBERRY PANCAKE DAY! 28.



Scrambled Eggs and ham, toast  
Pizza Melts  
Broccoli with cheese  
Orange 29.



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



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**  
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Updated 01/2020  
www.SquareMeals.org

# TEXAS STAR CITRUS

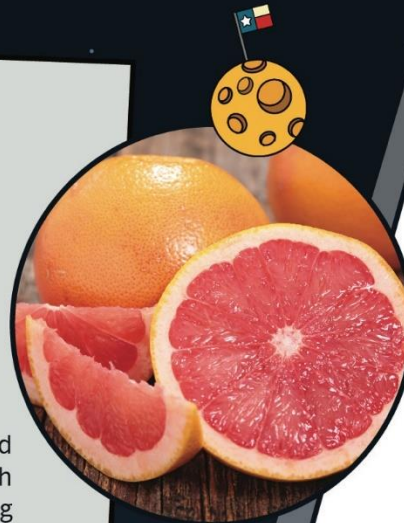


Stars are giant balls of superhot gas. Explosions in their centers create the bright light that we see. Did you know that our sun is a star? The star closest to earth is the sun. It takes about 8 minutes for light to travel from the sun to the Earth, so it is about 8 light minutes away. It takes 4.2 years for light from the next closest star, Proxima Centauri, to travel to Earth. It is 4.2 light years away. When you see the sun, you are seeing what it looked like 8 minutes ago and you see what Proxima Centauri looked like 4.2 years ago.

## DID YOU KNOW?

Red grapefruit is the state fruit of Texas. In 1929 Texas citrus growers discovered a special grapefruit with a red color inside. Red grapefruit became the Official State Fruit of Texas in 1993.

Many people think the red grapefruits taste sweeter. Grapefruits got their name from growing in bunches like grapes. The Texas red grapefruit is high in vitamins A and C, which means eating a Texas red grapefruit or drinking its juice, is good for the eyes and skin, and strengthens the body's immune system.

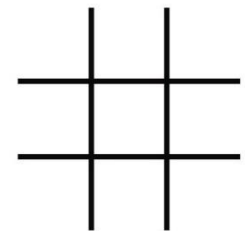
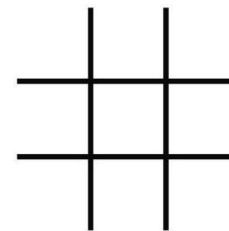
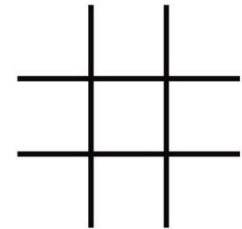
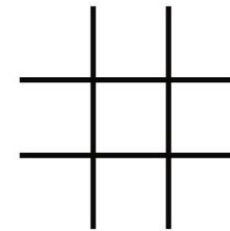
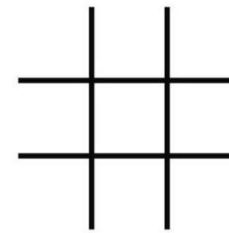


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