



# FEBRUARY

2021

## COLUMBUS COMMUNITY SCHOOLS



**Special Announcements:** Menus may be changed due to circumstances beyond our control. Orange juice 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 w/ pb&j sandwich & 1 cheese stick or Chef salad w/roll

m

Long john and fruit  
Pork fritter on a bun  
Fritos  
Baked beans  
Pears

1.

t

Breakfast biscuit – biscuit, egg patty, bacon, and cheese slice  
Chicken fajitas on flour shell, shredded lettuce, cheese, salsa  
Corn and Strawberries

2.

w

Breakfast pizza – egg/ bacon or sausage  
Hamburger on a bun  
French fries  
Apricots

3.

th

Pancake on a stick  
Orange chicken  
Rice  
California blend  
Pineapple and fortune cookie

4.

f

Mini cinnis  
Hot dog on a bun  
Tri tatar  
Grapes

5.

m

French toast sticks  
Pizza  
Romaine lettuce w/ ranch dressing  
Apricots  
HS - Breadstick

8.

t

Breakfast mountain – English muffin, egg patty, sausage & cheese  
Loaded tatar tots – hamburger, tatar tots, cheese sauce, Roll  
Mixed Vegetables and Applesauce

9.

w

Donut and fruit  
Assorted entrees  
Vegetable and fruit

10.

th

Breakfast pizza – egg/bacon or sausage  
Popcorn bowl – popcorn chicken, mashed potatoes, gravy, corn and Shredded cheese, Peaches

11.

f

Cereal PB&J sandwich  
Hot ham and cheese  
Sun chips, Carrots,  
Apples in a bag  
NATIONAL PB&J DAY!

12.

m

Breakfast pizza – egg/bacon or sausage  
Chicken Nuggets  
Mashed potatoes, Corn  
Banana

15.

t

Long john and fruit  
BBQ Rib on a bun  
Broccoli  
Sweet potato puffs  
Pears and Bananas

16.

w

Omelet wrap  
Cheese quesadillas  
Rice, refried beans  
Applesauce  
ASH WEDNESDAY

17.

th

Pancakes and sausage  
Creamed chicken  
On a biscuit  
Peas  
Peaches

18.

f

Muffin and fruit  
Fish patty on a bun  
Tartar sauce  
French fries  
Kiwi

19.

m

Mini bagels  
Chili crispito w/ cheese sauce  
Romaine lettuce w/ ranch dressing  
Applesauce

22.

t

Scrambled eggs and ham, toast  
Texas mountain – hamburger, mashed potatoes, cheese sauce, and Peaches

23.

w

Breakfast pizza – egg/bacon or sausage  
Spaghetti w/ meat sauce  
Green beans, Breadstick  
Orange

24.

th

Biscuits and sausage gravy  
Little Smokies  
Macaroni and Cheese  
California Blend  
Mixed fruit

25.

f

Scone  
Shrimp shapes  
Potato salad  
Baked beans  
Mixed fruit

26.



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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



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# BOOSTER ROCKET BEEF

If you want to fly into space, it will take powerful rockets to push your spacecraft off the ground. The rocket engine pushes gas out its back, and the gas makes the rocket move forward. A rocket is different from a jet engine. A jet engine needs air to work, but a rocket engine doesn't need air. A rocket engine carries with it everything it needs, and it works in space, where there is no air.

## DID YOU KNOW?

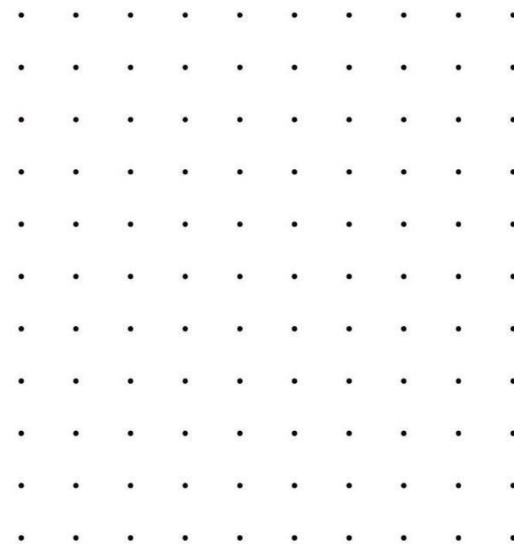
Beef is a protein food that has nutrients to fuel a strong healthy body. Texas Beef comes in many forms like steaks, roasts, and ground beef. Texas Beef is an excellent source of protein, niacin, zinc, and vitamins B6 and B12. Beef is also a good source of choline and iron. The iron found in beef is in the form of heme-iron which is easily absorbed by your body when you eat it.

Beef is raised on ranches all over the state and Texas is the number 1 beef producer in the nation with 12 million head of cattle.



## DOTS AND BOXES

Each player takes a turn drawing one line. If that completes a square, the player then writes their initial in the box and gets to draw another line. Play will continue until all the dots have been connected. The player with the most boxes wins the game!



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