



JUNE

2021

COLUMBUS COMMUNITY SCHOOLS



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IF STUDENTS ARE UNABLE TO
COME TO SCHOOL FOR MEALS
PLEASE CALL 319-728-2911
EXT:9092 TO GET ON LIST AS WE
WILL BE DELIVERING TO
SURROUNDING COMMUNITIES. 1.

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WELCOME TO
THE 2021 SFSP!

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COME AND JOIN US!

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WE WILL BE SERVING
FREE BREAKFAST &
LUNCH
AT THE HIGH SCHOOL 4.

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Cereal and Pb&j sandwich

Chili crispito w/ cheese sauce
Romaine Lettuce w/ ranch
dressing Mixed fruit 7.

Donut and fruit
Texas mountain – texas toast,
hamburger, mashed potatoes,
Cheese sauce, Corn
Peaches 8.

Breakfast pizza –egg/ bacon or
sausage
Creamed chicken on a biscuit
Peas
Pears 9.

Breakfast burrito
Corn dog
Baked beans
Cottage cheese
Pineapple 10.

BREAKFAST 7:30 AM-
9:00AM
LUNCH 11:00AM –
1:00 PM 11.

Omelet wrap
Chicken wrap – chicken strips,
flour tortilla, shredded lettuce,
Cheese, refried beans, rice,
salsa, & applesauce 14.

Breakfast pizza – egg/bacon or
sausage
Hamburger(loose meat) on a
bun
Tatar tots, & Banana 15.

Mini bagels
Hot dog on a bun
Fritos
Celery & carrot sticks
Grapes 16.

Pancakes and sausage
Spaghetti w/ meat sauce
Broccoli
Roll
Orange 17.

JUNE 9- JULY 29
MONDAY – THURSDAY
NO FRIDAYS OR JULY 5 18.

Breakfast mountain
Bacon cheeseburger
Lettuce, sliced tomato,
French fries
Mandarin Oranges 21.

Biscuits and sausage gravy
Chicken Nuggets
Mashed potatoes
Green beans
Peaches 22.

Frudel
Beefy cheesy Nachos
Salsa
Corn
Applesauce 23.

Breakfast pizza egg/bacon or
sausage
Breakfast for lunch – pancakes,
sausage patty, omelet, hash brown
Apple, grape, orange, or tomato
juice 24.

HAVE A GREAT
SUMMER! 25.

Breakfast pizza – egg/bacon or
sausage
Macaroni and cheese
Little smokies, Corn
Strawberries 28.

Long John and fruit
Taco – flour shell, hamburger,
shredded lettuce, cheese, Salsa
refried beans, rice
Applesauce 29.

Scone
Chicken patty on a bun
Mashed potatoes
Steamed carrots
Pears 30.

Special Announcements: Menus may be changed
to circumstances beyond our control. Orange juice and Milk
served with breakfast. Milk choices served with lunch.
SECONDS CAN'T BE SERVED UNTIL ALL STUDENTS HAVE
EATEN.



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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



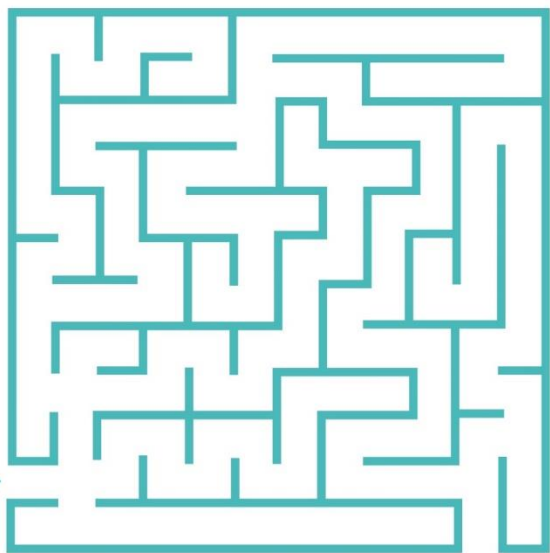
Updated 01/2020
www.SquareMeals.org



INTERNATIONAL SPACE STATION PORK

Astronauts first arrived at the International Space Station in November 2000. More than 230 astronauts from 19 different countries have spent time in the space station since then. They conduct research in the zero-gravity environment. The astronauts live and work in an area larger than a six-bedroom house. The space station orbits the earth at height of about 250 miles and completely circles the earth about 16 times a day. The solar panel array that powers it is so big that sometimes you can look up and see the space station moving across the sky at dawn or dusk.

MARTIAN MAZE



DID YOU KNOW?

Pork is a protein food that is used in many recipes like pork chops, pulled pork tacos, and jambalaya.

Did you know that pork is an excellent source of nutrients such as protein, thiamin, niacin, vitamin B-6, and phosphorus? It is also a good source of potassium, zinc, and riboflavin.



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