

WELCOME BACK!!!

Menus for September 2021

Columbia Central

Menus are subject to change.



We're **SO GLAD** to see
you again! It's going to be a
GREAT YEAR!



**NO SCHOOL
MONDAY,
SEPTEMBER 6**

We never stopped cooking for you.

Throughout the pandemic, we never stopped feeding. Our brave and selfless child nutrition folks never stopped working. Never stopped serving. And never stopped caring. Caring about our students. Caring about your kids. Caring about their community. No matter the obstacles – and they were many – our fantastic people never stopped cooking for your family. And they never will. Please thank them if you get the chance. It means a lot.

School Meals
We serve education every day™

Wednesday, September 1

Breakfast
Cereal Kit

Lunch

Cheesy Chicken Pizza Sub
Side Salad
Fruit
Milk

Thursday, September 2

Breakfast
Cereal Kit

Lunch

Chili Mac
Carrots
Fruit
Milk

Friday, September 3

Breakfast
Cereal Kit

Lunch

Pepperoni Pizza
Peas
Fruit
Milk

Tuesday, September 7

Breakfast
Cereal Kit

Lunch

Chicken Patty
Tator Tots
Fruit
Milk

Wednesday, September 8

Breakfast
Cereal Kit

Lunch

Burrito
Refried Beans
Fruit Milk

Thursday, September 9

Breakfast
Cereal Kit

Lunch

Chicken Alfredo
Side Salad
Fruit
Milk

Friday, September 10

Breakfast
Cereal Kit

Lunch

Cheese Quesadilla
Tomatoes
Fruit
Milk

YOU'RE GOOD™



**ALL STUDENTS EAT
ALL MEALS @ NO COST
ALL YEAR LONG**

Steger School District 194

Monday, September 13

Breakfast
Cereal Kit

Lunch

Chicken Potato Bowl
Carrots
Fruit
Milk

Tuesday, September 14

Breakfast
Cereal Kit

Lunch

Chicken Taco
Black Beans
Fruit
Milk

Wednesday, September 15

Breakfast
Cereal Kit

Lunch

Pasta W/ Meat Sauce
Broccoli
Fruit
Milk

Thursday, September 16

Breakfast
Cereal Kit

Lunch

Cheesy Bean Twister
Corn
Fruit
Milk

Friday, September 17

Breakfast
Cereal Kit

Lunch

Chicken Parmesan
Zucchini
Fruit
Milk

Monday, September 20

Breakfast
Cereal Kit

Lunch

BBQ Boneless Wings
Peas
Fruit
Milk

Tuesday, September 21

Breakfast
Waffles

Lunch

Chicken Enchilada
Refried Beans
Fruit
Milk

Wednesday, September 22

Breakfast
Breakfast Pizza

Lunch

Lasagna
Side Salad
Fruit
Milk

Thursday, September 23

Breakfast
Maple Pancakes

Lunch

Chicken Fajitas
Red Peppers
Fruit
Milk

Friday, September 24

Breakfast
Chef's Choice

Lunch

Calzone
Cauliflower
Fruit
Milk

Monday, September 27

Breakfast
Cereal Kit

Lunch

Cheesy Chicken W/ Rice
Broccoli
Fruit
Milk

Tuesday, September 28

Breakfast
Apple Bosco

Lunch

Taco Pie
Black Beans
Fruit
Milk

Wednesday, September 29

Breakfast
Breakfast Pizza

Lunch

Hamburger
Tator Tots
Fruit
Milk

Thursday, September 30

Breakfast
Pancake Wrap

Lunch

Totchos
Celery
Fruit
Milk

This year's price: \$0
You good with that?

All of our complete meals are always

NO CHARGE
for all students
Through June 2022

RIPPLE EFFECT.

Water aids digestion, keeps your skin and other organs healthy, and helps regulate your body temperature. So what's the best way to give your body the water it needs? Easy. Drink fresh, pure water throughout the day, and try to make a habit of choosing water instead of soda.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

"ARRR!"



September 19 is
"International Talk
Like a Pirate" Day

But EVERY DAY is
"Drink Your Milk" day!
And we've got you
covered with these
great milk selections
to choose from with all
complete meals:

Lowfat Chocolate
Nonfat White
Lowfat White