

# MENUS FOR AUG. & SEPT. 2018



Menus are subject to change.

**Columbia  
Central**

## NUTRITION *TO GO*

Despite persistent urban legends to the contrary, eating a watermelon seed will not cause a plant to sprout in your stomach! And, anyway, most of the watermelons sold today are seedless. That's too bad – the seeds roasted with a little olive oil and salt are a crunchy snack loaded with protein and other nutritious goodies!

## A QUICK BITE FOR PARENTS

**Friday, August 24**

### Breakfast

Cereal Bowl

### Lunch

Pizza Day

Squash  
Fruit  
Milk

**Monday, August 27**

### Breakfast

Cereal Bowl

### Lunch

Chicken Patty on a Bun  
OR  
Bosco Sticks

Sweet Potato Fries  
Fruit  
Milk

**Tuesday, August 28**

### Breakfast

Pancakes

### Lunch

Beef and Cheese Nacho  
OR  
Ham and Cheese Panini

Celery  
Fruit  
Milk

**Wednesday, August 29**

### Breakfast

Breakfast Pizza

### Lunch

Cowboy Cavatini  
OR  
Chicken Ranch Wrap

Broccoli  
Fruit  
Milk

**Thursday, August 30**

### Breakfast

Omelet

### Lunch

Deluxe Cheeseburger  
OR  
Chicken Slider

Baked Beans  
Fruit  
Milk

**Friday, August 31**

### Breakfast

Cereal Bowl

### Lunch

Pizza Day

Corn  
Fruit  
Milk

## HAPPY LABOR DAY!



**Try not to be BLUE  
about Summer's end –  
enjoy the last sweet  
days of the season  
BERRY much!**

**Tuesday, September 4**

### Breakfast

Cereal Bowl

### Lunch

Chicken Nuggets  
OR  
Macaroni and Cheese

Smiley Fries  
Fruit  
Milk

**Wed., September 5**

### Breakfast

Breakfast Pizza

### Lunch

Cheesy Bean Twister  
OR  
Meatloaf

Italian Green Beans  
Fruit  
Milk

**Thursday, September 6**

### Breakfast

Pancake Wrap

### Lunch

Ravioli  
OR  
Turkey Sub

Peas  
Fruit  
Milk

**Friday, September 7**

### Breakfast

Cereal Bowl

### Lunch

Pizza Day

Turnip Greens  
Fruit  
Milk



It's normal for anyone to feel a little sad now and then, but no one should have to live with sadness all the time, so that feeling happy seems impossible. Reach out. Joy might need a little help to break through.

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

**Monday, September 10**

**Breakfast**

Cereal Bowl

**Lunch**

Chicken Patty on a Bun  
OR  
Macaroni and Cheese

Smiley Fries  
Fruit  
Milk

**Tuesday, September 11**

**Breakfast**

Waffles

**Lunch**

Taco Pie  
OR  
Fish Sandwich

Red Peppers  
Fruit  
Milk

**Wed., September 12**

**Breakfast**

Breakfast Pizza

**Lunch**

Spaghetti W/ Meat Sauce  
OR  
Hot Ham and Cheese Sub

Navy Beans  
Fruit  
Milk

**Thursday, September 13**

**Breakfast**

French Toast

**Lunch**

Chicken Ala King  
OR  
Walking Taco

Side Salad  
Fruit  
Milk

**Friday, September 14**

**Breakfast**

Cereal Bowl

**Lunch**

No

Lunch

Served

**The original value meal  
& still a fantastic deal!**

**Breakfast**

**Lunch**

**\$1.25 \$2.25**

**Get in touch with us today to learn more about  
free and reduced-price meals in our district:  
708-753-8383 or [Sgrabin@sd194.org](mailto:Sgrabin@sd194.org)**

**Monday, September 17**

**Breakfast**

Cereal Bowl

**Lunch**

Chicken Nuggets  
OR  
Buffalo Chicken Sandwich

Mashed Sweet Potatoes  
Fruit  
Milk

**Tuesday, September 18**

**Breakfast**

Pancakes

**Lunch**

Cheese Quesadillas  
OR  
Chicken and Rice Bowl

Sliced Cucumbers  
Fruit  
Milk

**Wed., September 19**

**Breakfast**

Breakfast Pizza

**Lunch**

Lemon Pepper Chicken  
OR  
Turkey Wrap

Collard Greens  
Fruit  
Milk

**Thursday, September 20**

**Breakfast**

Pop Tart

**Lunch**

Beef Stroganoff  
OR  
Beef and Bean Burrito

Red Beans  
Fruit  
Milk

**Friday, September 21**

**Breakfast**

Cereal Bowl

**Lunch**

Pizza Day

Corn  
Fruit  
Milk

**Monday, September 24**

**Breakfast**

Cereal Bowl

**Lunch**

Chicken Patty on a Bun  
OR  
Hotdog on a Bun

Fries  
Fruit  
Milk

**Tuesday, September 25**

**Breakfast**

Waffles

**Lunch**

Chicken Enchilada  
OR  
Beef and Cheese Taco

Black Beans  
Fruit  
Milk

**Wed., September 26**

**Breakfast**

Breakfast Pizza

**Lunch**

Parmesan Chicken Salad  
OR  
Ham Wrap

Spinach Salad  
Fruit  
Milk

**Thursday, September 27**

**Breakfast**

Breakfast Burrito

**Lunch**

Beef Macaroni  
OR  
Hamburger

Cabbage  
Fruit  
Milk

**Friday, September 28**

**Breakfast**

Cereal Bowl

**Lunch**

Pizza Day

Carrots  
Fruit  
Milk

**DON'T 4 GET!**

**To make a lunch,  
choose at least one**



**or**



**STEGER SCHOOL DISTRICT #194  
FOOD SERVICES**