

# MENUS FOR AUG. & SEPT. 2018



Columbia  
Central

Menus are subject to change.

## 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

**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

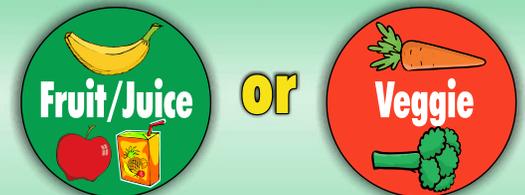
**The original value meal  
& still a fantastic deal!**

**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**

**DON'T 4 GET!**

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



**STEGER SCHOOL DISTRICT #194  
FOOD SERVICES**