

Christina School District

MIDDLE SCHOOLS & NETWORKS MENU

SEPTEMBER 2026



WELCOME
BACK^{TO}
SCHOOL



**ALL CHRISTINA STUDENTS EAT BREAKFAST & LUNCH
AT NO COST ALL YEAR!**

Monday, August 31

Breakfast:
Breakfast Bread

Lunch:
Chicken Nuggets
with Cheez-Its
Steamed Corn
Craisins

Tuesday, Sept. 1

Breakfast:
Cinnamon Roll
Lunch:
Beef Cheesesteak
Buffalo Cauliflower
Canned Pears

Wednesday, Sept. 2

Breakfast:
Pigglesstick

Lunch:
Season's Pizza
Steamed Broccoli
Canned Oranges

Thursday, Sept. 3

Breakfast:
Mini Bagels

Lunch:
Egg & Cheese on
Croissant (Turkey Bacon
or Sausage Patty)
Sweet Potato Fries
Canned Peaches

Friday, Sept. 4

NO SCHOOL

Monday, Sept. 7

NO SCHOOL

★ **LABOR** ★
★ ★ ★ **DAY** ★ ★ ★

Tuesday, Sept. 8

Breakfast:
French Toast Sticks

Lunch:
Mozzarella Stick &
Popcorn Chicken
Combo
California Blend
Raisins

Wednesday, Sept. 9

Breakfast:
Egg & Cheese on
English Muffin

Lunch:
Season's Pizza
Italian Side Salad
Canned Pineapple

Thursday, Sept. 10

Breakfast:
Donuts

Lunch:
Beef Nachos (Doritos)
Steamed Corn
Canned Pears

Friday, Sept. 11

Breakfast:
Pancakes

Lunch:
Chicken Patty Sandwich
Puzzle Fries
Apple Sauce Cup

AVAILABLE DAILY

Breakfast

Cereal/Cereal Bar
Eggo Graham Bites
Poptarts
100% Juice
Assorted Fruit
Milk

Parfaits (T, Th)

Lunch

Assorted Subs
Grab & Go Manager's
Choice
PBJ Meal
Dairy Lunchable
Chef Salads
Assorted Fresh Fruit
Carroteenies
Fresh Vegetables
Hummus
Milk

Christina School District

MIDDLE SCHOOLS & NETWORKS MENU

SEPTEMBER 2026



Monday, Sept. 14

Breakfast:
Breakfast Bread

Lunch
Chicken & Waffles
Glazed Carrots
Fruit Juice

Tuesday, Sept. 15

NO
School
Today

Wednesday, Sept. 16

Breakfast:
Pigglesstick

Lunch:
Season's Pizza
Steamed Green Beans
Canned Pears

Thursday, Sept. 17

Breakfast:
Mini Bagels

Lunch:
Cheesy Pull Apart
Steamed Broccoli
Canned Peaches

Friday, Sept. 18

Breakfast:
Waffles

Lunch:
Hot Dog on Bun with
Doritos
Baked Beans
Applesauce Cup

Monday, Sept. 21

NO
School
Today

Tuesday, Sept. 22

Breakfast:
French Toast Sticks

Lunch:
Buffalo Chicken Wings
with Garlic Knot
Steamed Mixed
Vegetables
Canned Pineapple

Wednesday, Sept. 23

Breakfast
Egg & Cheese on
English Muffin

Lunch
Season's Pizza
Caesar Side Salad
Canned Mixed Fruit

Thursday, Sept. 24

Breakfast
Donuts

Lunch
Mandarin Chicken with
Brown Rice & Roll
Steamed Mixed
Vegetables
Canned Pineapple &
Oranges

Friday, Sept. 25

Breakfast
Pancakes

Lunch
Cheeseburger
Oven Baked Fries
Apple Sauce Cup

Monday, Sept. 28

Breakfast
Breakfast Bread

Lunch
Chicken Nuggets
with Cheez-Its
Mashed Potatoes and
Gravy
Craisins

Tuesday, Sept. 29

Breakfast
Mini Cinnis

Lunch
Beef Cheesesteak
Buffalo Cauliflower
Canned Pears

Wednesday, Sept. 30

Breakfast
Pigglesstick

Lunch
Season's Pizza
Steamed Broccoli
Canned Mixed Fruit



Protein Power!

Steaks and hamburgers and other kinds of beef are loaded with protein. But a lot of red meat is also very high in fat and saturated fat. That's why experts tell us we should only eat beef once in awhile. Luckily, there are lots of other good sources of protein. Six ounces of salmon, for example, contains almost as much protein as a 6-ounce porterhouse steak -- but with less than 1/2 the fat and 1/4 of the saturated fat. Can you make all of the protein sources in the list fit in the spaces in the crossword puzzle?



Almonds
Beans
Chicken
Eggs
Fish
Lentils
Milk
Pork
Soy
Turkey
Walnuts
Yogurt

