

CRISP COUNTY PRIMARY SCHOOL

FEBRUARY 2018 MENU

EVERY DAY AT LUNCH All students can choose either the lunch main course or a PBJ (soy butter and jelly sandwich) **and** choose between 2 different fruits and vegetables

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 CEREAL BAR/ TOAST / JUICE or FRUIT HAMBURGER SWEET POTATO FRIES APPLESAUCE CUPS
4 CEREAL or CEREAL BAR / TOAST with JELLY/ JUICE or FRUIT TACO SALAD CORN FRUIT	5 FRENCH TOAST STICKS/ JUICE or FRUIT PIZZA SALAD CALIFORNIA BLEND FRUIT	6 CHEESE TOAST JUICE or FRUIT CORNDOG BAKED BEANS COLE SLAW FRUIT	7 BREAKFAST PIZZA / JUICE or FRUIT BEEFARONI BROCCOLI ROLL FRUIT	8 PANCAKES or WAFFLES JUICE or FRUIT SLOPPY JOE CELERY STICKS W/ RANCH DIP FRUIT
11 CEREAL BAR / TOAST with JELLY/ JUICE or FRUIT HAM/GRITS GREEN BEANS FRUIT	12 BREAKFAST PIZZA FRESH JUICE or FRUIT VEGETABLE SOUP GRILLED CHEESE GREEN BEANS FRUIT	13 SAUSAGE LINK /TOAST / JUICE or FRUIT HOTDOGS BAKED BEANS COLE SLAW APPLESAUCE CUP	14 PANCAKE PUPS / JUICE or FRUIT BEEF TIPS w/ GRAVY RICE CORN FRUIT VARIETY	15 CEREAL or CEREAL BAR / TOAST / JUICE or FRUIT CHEESEBURGERS FRIES CARROTS FRUIT
18 HOLIDAY NO SCHOOL	19 SAUSAGE LINK / BLUEBERRY MUFFIN/ JUICE or FRUIT SPAGHETTI BROCCOLI WHEAT ROLL/FRUIT	20 HAM BISCUIT FRESH JUICE or FRUIT BEEF PATTY W/ GRAVY RICE GREEN BEANS WHEAT ROLL/FRUIT	21 PANCAKE PUP/ JUICE or FRUIT CHICKEN NUGGETS MASHED POTATOES GREEN PEAS ROLLS FRUIT	22 CEREAL BAR/ TOAST / JUICE or FRUIT SLOPPY JOE SWEET POTATO FRIES APPLESAUCE CUPS
25 CEREAL or CEREAL BAR / TOAST with JELLY/ JUICE or FRUIT CHILI CON CARNE & BEANS CORN CORNBREAD FRUIT	26 FRENCH TOAST STICKS/ JUICE or FRUIT PIZZA SALAD CALIFORNIA BLEND FRUIT	27 CHEESE TOAST JUICE or FRUIT CORNDOG BAKED BEANS COLE SLAW FRUIT	28 BREAKFAST PIZZA / JUICE or FRUIT BEEFARONI BROCCOLI ROLL FRUIT	1 PANCAKES or WAFFLES JUICE or FRUIT HAMBURGERS CELERY STICKS W/ RANCH DIP FRUIT

BREAKFAST and LUNCH SERVED FREE DAILY FOR ALL STUDENTS FOR THE ENTIRE SCHOOL YEAR EVERY DAY AT LUNCH

All students can choose either the lunch main course or a soy butter and jelly sandwich **and** choose between 2 different fruits and vegetables

BREAKFAST also has some choices

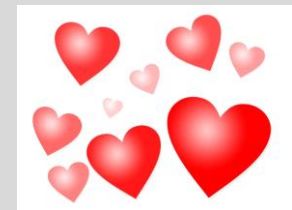
THE FOLLOWING ITEMS ARE INCLUDED IN MEALS BUT CAN ALSO BE BOUGHT SEPERATELY OR IN ADDITION TO THE ONE MEAL for each of the BREAKFAST and LUNCH periods .

SANDWICH 1.50	ENTREES 1.50
Milk -\$.50	Fruit/Juice -\$.50
Small Side-\$.50	Large Side- \$.75
Cereal bars - \$.50	FRIES \$1.25

NO CHARGING ALLOWED. Money must be in account or collected when these items are purchased. STUDENTS can add money to account at school cafeteria, have money ready when selecting these items or put money into account at

<https://www2.mypaymentsplus.com/welcome>

ALLERGIES PLEASE request an allergy form for any students who have food allergies or a food disability. These can be picked up from either the front office or the kitchen staff



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NEWS and TIPS for Exercising

How can you exercise indoors in the winter?

Just perform three or four of these exercises three or four times a week to grow stronger all winter long.

- Push-ups.
- Crunches.
- Leg lifts.
- Planks.
- Squats.
- Lunges.
- Chair dips.
- Calf raises.

Food facts

Cabbage is 91% water.

Cherries are a member of the rose family.

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