

ALL BREAKFAST and LUNCH OFFERED DAILY AT NO CHARGE FOR ALL STUDENTS ALL YEAR-This is 1 meal per student

CRISP COUNTY HIGH SCHOOL FEBRUARY 2019 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 PANCAKES & HAM/FRUIT or JUICE LUNCH ENTREES HAMBURGER MANAGER CHOICE PIZZA CHEF SALAD LUNCH VEGETABLES FRIES / SANDWICH FIXINGS CORN/FRUIT
4 FRENCH TOAST STICKS/ FRUIT or JUICE LUNCH ENTREES TERIYAKI CHICKEN w/ RICE and ROLL or MEATBALL SUB or SALAD LUNCH VEGETABLES SWEET PEAS and STEAMED CARROTS/ CARROT & CELERY STICKS w/ RANCH/FRUIT	5 MUFFIN and SAUSAGE / FRUIT or JUICE LUNCH ENTREES VEGETABLE SOUP W/ GRILLED CHEESE SANDWICH or COMBO SUB or SALAD LUNCH VEGETABLES SANDWICH FIXINGS/SIDE SALAD/ SWEET POTATO FRIES/ APPLES	6 CHICKEN BISCUIT / FRUIT or JUICE LUNCH ENTREES BAKED SPAGHETTI/ GARLIC BREAD or BREADED CHICKEN SANDWICH or SALAD LUNCH VEGETABLES GREEN BEANS/CARROTS SIDE SALAD FRUIT	7 BREAKFAST PIZZA/ FRUIT or JUICE LUNCH ENTREES HAMBURGER STEAK W/ GRAVY OR SANDWICH WRAP or SALAD LUNCH VEGETABLES LIMA BEANS/ MASHED POTATOES/ROLLS FRUIT	8 WAFFLES & HAM / FRUIT or JUICE LUNCH ENTREES BAR-B-QUE SANDWICH/ MANAGER CHOICE PIZZA LUNCH VEGETABLES /LETTUCE & TOMATO BAKED BEANS / FRIES/SANDWICH FIXINGS FRUIT
11 HAM CROISSANTS/ FRUIT or JUICE LUNCH ENTREES CHICKEN NUGGETS or PHILLY CHEESE STEAK SANDWICH or SALAD LUNCH VEGETABLES/ SIDES MAC N CHEESE/ GREEN PEAS /MIXED FRUIT/ PLUM	12 MUFFIN & SAUSAGE/ FRUIT or JUICE LUNCH ENTREES TACO SALAD or FISH SANDWICH or SALAD LUNCH VEGETABLES CALIOFRNIA BLEND VEGETABLES/ CORN/ LETTUCE/TOMATOES/GRA PEFRUIT/ MANGO APPLESAUCE	13 SAUSAGE & TOAST/ FRUIT LUNCH ENTREES BRUNSWICK STEW W/GRILLED CHEESE SANDWICH CORNBREAD or CORNDOGS or SALAD LUNCH VEGETABLES BAKED BEANS/ PEACHES/ ORANGES	14 BREAKFAST PIZZA/ FRUIT or JUICE LUNCH ENTREES FRIED CHICKEN TURKEY SUB or SALAD LUNCH VEGETABLES BROCCOLI SALAD/SQUASH CASSEROLE/CINNAMON ROLLS SANDWICH FIXINGS/ PINEAPPLE/ APPLES	15 CHEESE EGGS & TOAST/FRUIT or JUICE LUNCH ENTREES CHEESEBURGERS or CHEF SALAD LUNCH VEGETABLES CELERY and CARROT SITCKS/ SANDWICH FIXINGS FRUIT
18 NO SCHOOL HOLIDAY	19 HAM CROISSANT FRUIT or JUICE LUNCH ENTREES BEEF TIP over RICE or GRILLED CHICKEN SANDWICH or SALAD LUNCH VEGETABLES SWEET PEAS/S/SANDWICH FIXINGS FRUIT	20 CEREAL/ CHEESE TOAST /FRUIT or JUICE LUNCH ENTREES FRIED FISH/HIOTDOG /GRITS/ COLE SLAW or SALAD LUNCH VEGETABLES FRIED OKRA/ GREEN PEAS/ SANDWICH FIXINGS FRUIT	21 BREAKFAST PIZZA /FRUIT or JUICE LUNCH ENTREES CHILLI CHEESE FRIES or BBQ SANDWICH or SALAD LUNCH VEGETABLES BAKED BEANS /CARROT SALAD /FRUIT	22 PANCAKES & HAM/FRUIT or JUICE LUNCH ENTREES HAMBURGER MANAGER CHOICE PIZZA CHEF SALAD LUNCH VEGETABLES FRIES / SANDWICH FIXINGS CORN/FRUIT
25 FRENCH TOAST STICKS/ FRUIT or JUICE LUNCH ENTREES TERIYAKI CHICKEN w/ RICE and ROLL or MEATBALL SUB or SALAD LUNCH VEGETABLES SWEET PEAS and STEAMED CARROTS/ CARROT & CELERY STICKS w/ RANCH/FRUIT	26 MUFFIN and SAUSAGE / FRUIT or JUICE LUNCH ENTREES VEGETABLE SOUP W/ GRILLED CHEESE SANDWICH or COMBO SUB or SALAD LUNCH VEGETABLES SANDWICH FIXINGS/SIDE SALAD/ SWEET POTATO FRIES/ APPLES	27 CHICKEN BISCUIT / FRUIT or JUICE LUNCH ENTREES PORK BURRITO or BREADED CHICKEN SANDWICH or SALAD LUNCH VEGETABLES CORN/LETTUCE/TOMATO BAKED SWEET POTATO FRUIT	28 BREAKFAST PIZZA/ FRUIT or JUICE LUNCH ENTREES HAMBURGER STEAK W/ GRAVY OR SANDWICH WRAP or SALAD LUNCH VEGETABLES LIMA BEANS/ MASHED POTATOES/ROLLS FRUIT	1 WAFFLES & HAM / FRUIT or JUICE LUNCH ENTREES CORNDOGS/ MANAGER CHOICE PIZZA LUNCH VEGETABLES /LETTUCE & TOMATO BAKED BEANS / CORN/SANDWICH FIXINGS FRUIT

LINES 1-3 will have the hot entrée and vegetables **OR** sandwich choice and vegetables. Also check out our fresh fruit for your meals.
PIZZA on MONDAYS and FRIDAYS

Extra items below will cost these amounts:
 Gatorade 1.00
 Bottled water 1.00
 CHIPS/COOKIES \$.50-1.00
 THESE ITEMS ARE NCLUDED IN MEALS BUT CAN ALSO BE BOUGHT SEPERATELY OR IN **ADDITION TO THE ONE MEAL**
 Sandwich/Pizza- 1.50
 Entrée-1.50(NOT SALAD)
 Milk .50
 Fruit/Juice .50
 Money must be in student's account or student must have cash at time of sale
 Money can also be put in account for student at each school cafeteria or go **ONLINE** to put money into accounts for extra items at <https://www2.mypaymentsplus.com/welcome>
OFFERED EVERY DAY ON LINE 4 are 3 MEAL CHOICES
 PIZZA MEAL, as with all meals, **REQUIRES 1/2 CUP FRUIT OR VEGETABLE**

BREAKFAST- THERE IS A GRAB N GO BREAKFAST CHOICE DAILY. It has 2 Cereal Bars and a Fruit that can go in your bookbag for later. No eating in the classrooms. Take it with you if you have a club activity.



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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.

