

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

CRISP COUNTY HIGH SCHOOL APRIL 2019 MENU

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 INCLUDED 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.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>STUDENT HOLIDAY</p>	<p>2</p> <p>SAUSAGE BISCUIT FRUIT or JUICE</p> <hr/> <p>LUNCH ENTREES CHICKEN NUGGETS or CUBAN PORK SANDWICH or SALAD</p> <hr/> <p>LUNCH VEGETABLES MAC N CHEESE GREEN BEANS PEACHES/ APPLE MILK</p>	<p>3</p> <p>SAUSAGE & TOAST/ FRUIT</p> <hr/> <p>LUNCH ENTREES LUNCH ENTREES BRUNSWICK STEW FRIED CATFISH TURKEY SUB or SALAD LUNCH VEGETABLES SWEETPOTATO</p> <hr/> <p>PINEAPPLE/BANANA/ STRAWBERRIES MILK</p>	<p>4</p> <p>BREAKFAST PIZZA/ FRUIT or JUICE</p> <hr/> <p>LUNCH ENTREES BRUNSWICK STEW W/GRILLED CHEESE GRILLED CHICKEN or SALAD</p> <hr/> <p>LUNCH VEGETABLES BAKED BEAN FRIED OKRA /PEACHES/ ORANGES/MILK</p>	<p>5</p> <p>CHICKEN BISCUIT FRUIT or JUICE</p> <hr/> <p>LUNCH ENTREES BBQ SANDWICH PIZZA</p> <hr/> <p>LUNCH VEGETABLES FRIES SIDESALAD JUICE OR FROZEN JUICE BAR/MILK</p>
<p>8</p> <p>PANCAKE PUP/SYRUP JUICE/MILK</p> <hr/> <p>LUNCH ENTREES CHICKEN FAJITA SAUSAGE DOG PBJ SANDWICH</p> <hr/> <p>LUNCH VEGETABLES SIDE SALAD BROCCOLI MIXEDFRUIT TANGERINE JUICE/MILK</p>	<p>9</p> <p>HAM BISCUIT FRUIT or JUICE</p> <hr/> <p>LUNCH ENTREES BEEF TIP over RICE or GRILLED CHICKEN SANDWICH or SALAD</p> <hr/> <p>LUNCH VEGETABLES SWEET PEAS/S/SANDWICH FIXINGS PEACHES/ APPLES MILK</p>	<p>10</p> <p>CEREAL/ CHEESE TOAST /FRUIT or JUICE</p> <hr/> <p>LUNCH ENTREES FRIED FISH/GRITS TURKEY AND CHEESE SALAD</p> <hr/> <p>LUNCH VEGETABLES SWEET POTATO SANDWICH FIXINGS BANANA/PINEAPPLE STRAWBERRY MILK</p>	<p>11</p> <p>BREAKFAST PIZZA /FRUIT or JUICE</p> <hr/> <p>LUNCH ENTREES CHICKEN NACHOS or SLOPPY JOE or SALAD</p> <hr/> <p>LUNCH VEGETABLES BAKED BEANS /CORN /ORANGES/PLUMS OR APPLESAUCE MILK</p>	<p>12</p> <p>PANCAKES & HAM/FRUIT or JUICE</p> <hr/> <p>LUNCH ENTREES CHEESEBURGER MANAGER CHOICE PIZZA CHEF SALAD</p> <hr/> <p>LUNCH VEGETABLES FRIES SANDWICH FIXIN JUICE OR FROZEN JUICE BAR/MILK</p>
<p>15</p> <p>FRENCH TOAST STICKS/ FRUIT or JUICE</p> <hr/> <p>LUNCH ENTREES TERIYAKI CHICKEN w/ RICE and ROLL or MEATBALL SUB or SALAD</p> <hr/> <p>LUNCH VEGETABLES SWEET PEAS and STEAMED CARROTS/ CARROT & CELERY STICKS w/ RANCH/MIXEDFRUIT/ TANGERINE/MILK</p>	<p>16</p> <p>SAUSAGE BISCUIT FRUIT or JUICE</p> <hr/> <p>LUNCH ENTREES SPAGHETTI COMBO SUB or SALAD</p> <hr/> <p>LUNCH VEGETABLES SANDWICH FIXINGS/SIDE SALAD/ SWEET POTATO FRIES/ TANGERINE/MIXED FRUIT MILK</p>	<p>17</p> <p>NEW CHICKEN BISCUIT / FRUIT or JUICE</p> <hr/> <p>LUNCH ENTREES PORK BURRITO or BREADED CHICKEN SANDWICH or SALAD</p> <hr/> <p>LUNCH VEGETABLES CORN/LETTUCE/TOMATO GREEN BEANS PINEAPPLES/BANANA/ STRAWBERRIES MILK</p>	<p>18</p> <p>BREAKFAST PIZZA/ FRUIT or JUICE</p> <hr/> <p>LUNCH ENTREES HAMBURGER STEAK W/ GRAVY OR SANDWICH WRAP or SALAD</p> <hr/> <p>LUNCH VEGETABLES LIMA BEANS/ MASHED POTATOES/ROLLS FRUIT MILK</p>	<p>19</p> <p>WAFFLES & HAM / FRUIT or JUICE</p> <hr/> <p>LUNCH ENTREES CORNDOGS/ MANAGER CHOICE PIZZA</p> <hr/> <p>LUNCH VEGETABLES BAKED BEANS /SUNCHIPS SIDE SALAD JUICE OR FROZEN JUICE BAR MILK</p>
<p>22</p> <p>HAM BISCUIT FRUIT or JUICE</p> <hr/> <p>LUNCH ENTREES CHICKEN NUGGETS or PHILLY CHEESE STEAK SANDWICH or SALAD</p> <hr/> <p>LUNCH VEGETABLES/ SIDES MAC N CHEESE/ GREEN PEAS /MIXED FRUIT/TANGERINE MILK</p>	<p>23</p> <p>SAUSAGE BUSCUIT FRUIT or JUICE</p> <hr/> <p>LUNCH ENTREES TACO SALAD or FISH SANDWICH or SALAD</p> <hr/> <p>LUNCH VEGETABLES CALIOFRNIA BLEND VEGETABLES/ CORN/ LETTUCE/TOMATOES/ PEACHES/ APPLES MILK</p>	<p>24</p> <p>SAUSAGE & TOAST/ FRUIT</p> <hr/> <p>LUNCH ENTREES TURKEY W/GRAVY \$ RICE GRILLED CHICKEN SALAD</p> <hr/> <p>LUNCH VEGETABLES SQUASH CASSEROLE LIMA BEAN NEW BISCUIT SANDWICH FIXINGS PINEAPPLE/BANANA/ STRAWBERRIES/MILK</p>	<p>25</p> <p>BREAKFAST PIZZA/ FRUIT or JUICE</p> <hr/> <p>LUNCH ENTREES BRUNSWICK STEW W/GRILLED CHEESE SANDWICH/CORNBREAD or SALAD</p> <hr/> <p>LUNCH VEGETABLES BAKED BEAN FRIED OKRA /PEACHES/ ORANGES MILK</p>	<p>26</p> <p>CHICKEN BISCUIT FRUIT or JUICE</p> <hr/> <p>LUNCH ENTREES BBQ SANDWICH PIZZA</p> <hr/> <p>LUNCH VEGETABLES FRIES SIDESALAD JUICE OR FROZEN JUICE BAR MILK</p>
<p>29</p> <p>PANCAKE PUP/SYRUP JUICE/MILK</p> <hr/> <p>LUNCH ENTREES SPAGHETTI CORN DOGS SALAD BAR PBJ SANDWICH</p> <hr/> <p>SIDE SALAD SWEET POTATO FRIES MIXEDFRUIT TANGERINE JUICE/MILK</p>	<p>30</p> <p>HAM BISCUIT FRUIT or JUICE</p> <hr/> <p>LUNCH ENTREES SHEPHERDS PIE CHILI CHEESE DOG or SALAD</p> <hr/> <p>LUNCH VEGETABLES MIXED VEGETABLES CORN ON COB PEACHES/ APPLES MILK</p>	<p>1</p> <p>CEREAL/ CHEESE TOAST /FRUIT or JUICE</p> <hr/> <p>LUNCH ENTREES STEAK NUGGETS TURKEY SANDWICH</p> <hr/> <p>LUNCH VEGETABLES MASHED POTATO BROCCOLI CARROT SALADFRUIT MILK</p>	<p>2</p> <p>BREAKFAST PIZZA /FRUIT or JUICE</p> <hr/> <p>LUNCH ENTREES CHICKEN NACHOS or SLOPPY JOE or SALAD</p> <hr/> <p>LUNCH VEGETABLES BAKED BEANS /CORN /ORANGES/PLUMS OR APPLESAUCE MILK</p>	<p>3</p> <p>PANCAKES & HAM/FRUIT or JUICE</p> <hr/> <p>LUNCH ENTREES CHEESEBURGER MANAGER CHOICE PIZZA CHEF SALAD</p> <hr/> <p>LUNCH VEGETABLES FRIES SANDWICH FIXIN JUICE OR FROZEN JUICE BAR/MILK</p>

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Choose MyPlate



- **Make half your plate fruits and vegetables**
- **Focus on whole**
- **Vary your veggies**
- **Make half your grains whole grains**
- **Move to low-fat or fat-free milk or yogurt**
- **Vary your protein routine**
- **Drink and eat beverages and food with less sodium, saturated fat, and added sugars**
- **Drink water instead of sugary drinks**
- **Everything you eat and drink matters**

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