

CRISP COUNTY MIDDLE SCHOOL MARCH 2019 MENU

**1 BREAKFAST and 1 LUNCH
OFFERED DAILY AT
NO CHARGE FOR ALL
STUDENTS FOR THE ENTIRE SCHOOL**

(Additional items can be purchased)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 FRENCH TOAST & SAUSAGE OR CEREAL BARS -FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> CHEESEBURGERS / (Rotate) CORNDOG or CORNDOG or SAUSAGE DOG OR CHICKEN SANDWICH <u>LUNCH VEGETABLES ETC.</u> PICKLES,LETTUCE TOMATOES/FRENCH FRIES/BAKED BEANS FRUIT/MILK
4 BREAKFAST PIZZA OR CEREAL BARS - FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> CHICKENNUGETTS PIZZA MAC N CHEESE SALAD BAR <u>LUNCH VEGETABLES</u> NEW BISCUIT/SWEET PEAS SMART SPINACH SALAD/WHOLE FRUITS/MILK	5 CHEESE GRITS & TOAST OR CEREAL BARS - FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> BRUNSWICK STEW w/ GRILLED CHEESE PIZZA SALAD BAR <u>LUNCH VEGETABLES</u> ETC.CHEESY BROCCOLI/LIMA BEANS / SIDE SALAD/WHOLE FRUITS/MILK	6 PANCAKE PUPS OR CEREAL BARS - FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> CHILLI CHEESE NACHOS PIZZA SALAD BAR <u>LUNCH VEGETABLES</u> POWER UP SWEET POTATOES SIDE SALAD WHOLE FRUITS	7 NEW SAUSAGE BISCUIT OR CEREAL BARS - F FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> FRIED CHICKEN PIZZA SALAD BAR <u>UNCH VEGETABLES ETC.</u> FRESH KALE/ RICE/ SIDE SALAD/ FRUIT/MILK	8 NEW CHICKEN BISCUIT OR CEREAL BARS -FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> CHEESEBURGERS OR BBQ (Rotate) CORNDOG or CORNDOG or SAUSAGE DOG OR CHICKEN SANDWICH <u>LUNCH VEGETABLES ETC.</u> PICKLES,LETTUCE TOMATOES/FRENCH FRIES/BAKED BEANS FRUIT/MILK
11 BREAKFAST PIZZA OR CEREAL BARS - FRUIT AND/OR JUICE <u>LUNCH ENTRÉE</u> VEGETABLE BEEF SOUP GRILLED CHEESE PIZZA SALAD BAR <u>LUNCH VEGETABLES</u> GREEN BEANS POPE SALAD FRUIT/MILK	12 GRITS & EGGS OR CEREAL BARS - FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> BEEF TIPS/RICE GRILLED CHICKEN SALAD BAR <u>LUNCH VEGETABLES</u> ETC. NEW BISCUIT BROCCOLI/CARROTS SIDE SALAD FRUIT/MILK	13 STEER AND BARROW DAY NO SCHOOL TEACHER PLANNING	14 NEW SAUSAGE BISCUIT OR CEREAL BARS - FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> SURFS UP FRIED FISH HOT DOG SALAD BAR <u>LUNCH VEGETABLES</u> ETC.CHEESE GRITS/OKRA / COLE SLAW/SIDE SALAD/FRUIT FRUIT/MILK	15 NEW CHICKEN BISCUIT OR CEREAL BARS -FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> CHEESEBURGERS OR BBQ (Rotate) CORNDOG or CORNDOG or SAUSAGE DOG OR CHICKEN SANDWICH <u>LUNCH VEGETABLES ETC.</u> PICKLES,LETTUCE TOMATOES/FRENCH FRIES/BAKED BEANS FRUIT/MILK
18 BREAKFAST PIZZA OR CEREAL BARS - FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> SPAGHETTI w/ MEAT SAUCE & BREAD STICKS/ BBQ SANDWICH SALAD BAR <u>LUNCH VEGETABLES</u> ETC.GEAR UP GREEN BEANS/ SMART SPINACH SALAD / FRUIT/MILK	19 GRITS & EGGS OR CEREAL BARS - FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> BEEFARONI PIZZA SALAD BAR <u>LUNCH VEGETABLES</u> ETC.NEW BISCUIT CORN/SIDE SALAD/FRUIT/MILK	20 PANCAKE PUPS OR CEREAL BARS - FRUIT AND/OR JUICE <u>LU NCH ENTREES</u> CHILLI CHEESE FRIES PIZZA SALAD BAR <u>LUNCH VEGETABLES</u> CORN ON COB SIDE SALAD / WHOLE FRUIT/MILK	21 NEW SAUSAGE BISCUIT OR CEREAL BARS - FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> PORK W GRAVY/RICE GRILLED HAM AND CHEESE SANDWICH SALAD BAR <u>UNCH VEGETABLES</u> FIELD PEAS & SNAPS/ TATOR TOTS/SIDE SALAD/FRUIT/MILK	22 NEW CHICKEN BISCUIT OR CEREAL BARS -FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> CHEESEBURGERS OR BBQ (Rotate) CORNDOG or SAUSAGE DOG OR CHICKEN SANDWICH <u>LUNCH VEGETABLES ETC.</u> PICKLES,LETTUCE TOMATOES/FRENCH FRIES/BAKED BEANS FRUIT/MILK
25 SPRING BREAK NO SCHOOL	26 SPRING BREAK NO SCHOOL	27 SPRING BREAK NO SCHOOL	28 SPRING BREAK NO SCHOOL	1 SPRING BREAK NO SCHOOL

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

Sandwich-\$1.50
Entrée-\$1.50
Cereal bars - \$.50
Milk -\$.50
Fruit/Juice -\$.50
Small Side-\$.50
SWEET "T"- \$.75

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.mypaymentspl.us.com/welcome>

MONDAY, TUESDAY and THURSDAY all SALADS are DARK GREEN either Romaine or Spinach

LUNCH DAILY
PEANUT BUTTER AND JELLY SANDWICH WITH EITHER YOGURT OR CHEESESTICKS AS ONE ADDITIONAL MEAL CHOICE

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START YOUR ENGINES!

**"Start Your Engines With School Breakfast
National School Breakfast Week - March 4-8, 2019
Breakfast is the most important meal of the day.**

What Should I Eat?

- fruit
- vegetables
- grains (make at least half your grains whole grains)
- protein (meat, poultry, fish, eggs, dry beans, nuts, and seeds)
- dairy products (low-fat or fat-free milk, cheese, and yogurt)