

CRISP COUNTY PREK SCHOOL DECEMBER 2018 MENU

EVERY DAY AT LUNCH All students can choose either the lunch main course or a peanut butter and jelly sandwich (or other sandwich choice). MILK IS SERVED FOR EVERY MEAL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 PANCAKES /JUICE or FRUIT SLOPPY JOES FRENCH FRIES FRUIT	4 BLUEBERRY MUFFIN / JUICE or FRUIT PIZZA CORN FRUIT	5 CHEESE TOAST JUICE or FRUIT BEEFARONI GREEN BEANS GARLIC TOAST /FRUIT	6 BREAKFAST PIZZA / JUICE or FRUIT STEAK NUGGETS BROCCOLI RICE FRUIT VARIETY	7 EGGS / TOAST /FRUIT BBQ PORK SANDWICH BAKED BEANS FRUIT
10 FRENCH TOAST / JUICE or FRUIT TACO SALAD GREEN BEANS FRUIT	11 BREAKFAST PIZZA FRESH JUICE or FRUIT CHICKEN NUGGETS MASHED POTATOES ROLL FRUIT	12 SAUSAGE LINK /TOAST / JUICE or FRUIT CORNDOG CARROTS APPLESAUCE CUP	13 PANCAKE PUPS / JUICE or FRUIT BEEF PATTY W/ GRAVY RICE FRUIT	14 PANCAKES/ FRUIT HOTDOGS TATOR TOTS FRUIT
17 PANCAKES/ JUICE or FRUIT CHICKEN FAJITA TORTILLA CHIPS CORN FRUIT	18 SAUSAGE LINK / TOAST/ JUICE or FRUIT HAMBURGERS VEGETABLE CHOICE APPLESAUCE CUPS	19 FRENCH TOAST / FRUIT PACKED LUNCHES HAM N CHEESE SANDWICH CARROTS CHIPS	20 CHRISTMAS HOLIDAY NO SCHOOL	21 CHRISTMAS HOLIDAY NO SCHOOL
24 CHRISTMAS HOLIDAY NO SCHOOL	25 CHRISTMAS HOLIDAY NO SCHOOL	26 CHRISTMAS HOLIDAY NO SCHOOL	27 CHRISTMAS HOLIDAY NO SCHOOL	28 CHRISTMAS HOLIDAY NO SCHOOL

ALL 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 peanut butter and jelly sandwich.

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 .

SANDWICHES or ENTRÉE- 1.50
 Milk -\$.50 Fruit/Juice -\$.50
 Small Side-\$.50 Large Side- \$.75
 Cereal bars - \$.50

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 MYPAYMENTPLUS.COM

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..... Everyone can practice food safety during the holidays.

Feasting with family and friends is part of many holiday celebrations. Follow these simple tips to keep safe from food poisoning, or foodborne illness, during the holidays.

- **Wash your hands.** Be sure to wash your hands with soap and water before and after preparing food, after touching raw meat, raw eggs, or unwashed vegetables, and before eating or drinking.
- **Cook food thoroughly.** Meat, poultry, seafood, and eggs can carry germs that cause food poisoning. Use a food thermometer to ensure these foods have been cooked to the safe minimum internal temperature. Roasts, chops, steaks and fresh ham should rest for 3 minutes after removing from the oven or grill.
- **Keep food out of the “danger zone.”** Bacteria can grow rapidly at room temperature. After food is cooked, keep hot food hot and cold food cold. Refrigerate or freeze any perishable food within 2 hours. The temperature in your refrigerator should be set at or below 40°F and the freezer at or below 0°F.
- **Use pasteurized eggs for dishes containing raw eggs.** *Salmonella* and other harmful germs can live on both the outside and inside of normal-looking eggs. Many holiday favorites contain raw eggs, including eggnog, tiramisu, hollandaise sauce, and Caesar dressing. Always use pasteurized eggs when making these and other foods made with raw eggs.
- **Do not eat dough or batter.** Dough and batter made with flour or eggs can contain harmful germs, such as *E. coli* and *Salmonella*. Do not taste or eat unpasteurized dough or batter of any kind, including those for cookies, cakes, pies, biscuits, pancakes, tortillas, pizza, or crafts. Do not let children taste raw dough or batter or play with dough at home or in restaurants.
- **Keep foods separated.** Keep meat, poultry, seafood, and eggs separate from all other foods at the grocery and in the refrigerator. Prevent juices from meat, poultry, and seafood from dripping or leaking onto other foods by keeping them in containers or sealed plastic bags. Store eggs in their original carton in the main compartment of the refrigerator.
- **Safely thaw your turkey.** Thaw turkey in the refrigerator, in a sink of cold water that is changed every 30 minutes, or in the microwave. Avoid thawing foods on the counter. A turkey must thaw at a safe temperature to prevent harmful germs from growing rapidly.

This institution is an equal opportunity provider