

CRISP COUNTY MIDDLE SCHOOL DECEMBER 2018 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
3 BREAKFAST PIZZA OR CEREAL BARS - FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> VEGETABLE SOUP DINAMITE DELI SANDWICH/SALAD BAR <u>LUNCH VEGETABLES</u> SWEET PEAS SMART SPINACH SALAD/FRESH FRUIT/MILK	4 GRITS & EGGS OR CEREAL BARS - FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> BEEF TIPS TOUCHDOWN TURKEY WRAP/SALAD BAR <u>LUNCH VEGETABLES</u> ETC_RICE/ BROCCOLI/CARROTS SIDE SALAD FRUIT/MILK	5 PANCAKE PUPS OR CEREAL BARS - FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> CHICKEN NOODLE SOUP SALAD BAR PIZZA <u>LUNCH VEGETABLES ETC.</u> POWER UP SWEET POTATOES/ SIDE SALAD/ PUMP ME UP PINEAPPLE/MILK	6 SAUSAGE BISCUIT OR CEREAL BARS - FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> SURFS UP FRIED FISH GRILLED CHICKEN/ PIZZA SALAD BAR <u>LUNCH VEGETABLES</u> ETC_CHEESE GRITS/OKRA /COLE SLAW/SIDE SALAD/FRUIT FRUIT/MILK	7 CHICKEN BISCUIT 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
10 BREAKFAST PIZZA OR CEREAL BARS - FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> SPAGHETTI w/ MEAT SAUCE & ITALIAN BREAD/ BBQ SANDWICH SALAD BAR <u>LUNCH VEGETABLES</u> ETC_GEAR UP GREEN BEANS/ SMART SPINACH SALAD / FRUIT/MILK	11 GRITS & EGGS OR CEREAL BARS - FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> CHICKEN FAJITA PIZZA SALAD BAR <u>LUNCH VEGETABLES</u> ETC. RICE/SWEET PEAS/SIDE SALAD/FRUIT/MILK	12 PANCAKE PUPS OR CEREAL BARS - FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> CHILI CHEESE FRIES / PIZZA SALAD BAR <u>LUNCH VEGETABLES</u> CORN/ CARROTS SIDE SALAD / WHOLE FRUIT/MILK	13 SAUSAGE BISCUIT OR CEREAL BARS - FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> BEEF TIPS HAM AND CHEESE SANDWICH/PIZZA SALAD BAR <u>LUNCH VEGETABLES</u> ETC.FIELD PEAS & SNAPS/OKRA/SIDES SALAD/FRUIT/MILK	14 CHICKEN BISCUIT OR CEREAL BARS -FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> CHEESEBURGERS/ (Rotate) CORNDOG or SAUSAGE DOG OR CHICKEN SANDWICH <u>LUNCH VEGETABLES ETC.</u> PICKLES,LETTUCE TOMATOES/FRENCH FRIES/BAKED BEANS FRUIT/MILK
17 BREAKFAST PIZZA OR CEREAL BARS - FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> BEEF TIPS w/ NOODLES /HAM & CHEESE SANDWICH SALAD BAR <u>LUNCH VEGETABLES</u> ROLL/GREEN BEANS/CARROTS SMART SPINACH SALAD/WHOLE FRUITS/MILK	18 GRITS & EGGS OR CEREAL BARS - FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> CHICKEN FAJITA w/ RICE/ TURKEY & CHEESE SANDWICH SALAD BAR <u>LUNCH VEGETABLES</u> ETC_CHEESY BROCCOLI/LIMA BEANS / SIDE SALAD/WHOLE FRUITS/MILK	19 PANCAKE PUPS OR CEREAL BARS - FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> EARLY RELEASE GRAB N GO LUNCH	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

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.mvpaymentspl.us.com/welcome>

MONDAY, WENEDSDAY and FRIDAY 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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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.