

CRISP COUNTY PREK SCHOOL APRIL 2019 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
1 STUDENT HOLIDAY	2 SAUSAGE LINK / TOAST / JUICE or FRUIT HAMBURGERS VEGETABLE CHOICE APPLESAUCE CUPS	3 FRENCH TOAST / FRUIT SPAGHETTI SWEET PEAS GARLIC TOAST FRUIT	4 PANCAKE PUP/ JUICE or FRUIT VEGETABLE SOUP GRILLED CHEESE SANDWICH FRUIT	5 SAUSAGE BISCUIT FRESH JUICE or FRUIT HAM SANDWICH FRIES FRUIT
8 PANCAKES/JUICE or FRUIT SLOPPY JOE PB&J SANDWICH FRIES JUICE/MILK	9 BLUEBERRY MUFFIN / JUICE or FRUIT PIZZA CORN FRUIT	10 CHEESE TOAST JUICE or FRUIT BEEFARONI GREEN BEANS GARLIC TOAST /FRUIT	11 BREAKFAST PIZZA / JUICE or FRUIT STEAK NUGGETS BROCCOLI MASHED POTATOES FRUIT VARIETY	12 EGGS / TOAST /FRUIT BBQ PORK SANDWICH BAKED BEANS FRUIT
15 FRENCH TOAST / JUICE or FRUIT TACO SALAD GREEN BEANS FRUIT	16 BREAKFAST PIZZA FRESH JUICE or FRUIT CHICKEN NUGGETS MASHED POTATOES ROLL FRUIT	17 SAUSAGE LINK /TOAST / JUICE or FRUIT CORNDOG CARROTS APPLESAUCE CUP	18 PANCAKE PUPS / JUICE or FRUIT BEEF PATTY W/ GRAVY RICE FRUIT	19 PANCAKES/ FRUIT HOTDOGS TATOR TOTS FRUIT
22 PANCAKES/ JUICE or FRUIT CHICKEN FAJITA TORTILLA CHIPS CORN FRUIT	23 SAUSAGE LINK / TOAST/ JUICE or FRUIT HAMBURGERS VEGETABLE CHOICE APPLESAUCE CUPS	24 FRENCH TOAST / FRUIT SPAGHETTI SWEET PEAS GARLIC TOAST FRUIT	25 PANCAKE PUP/ JUICE or FRUIT VEGETABLE SOUP GRILLED CHEESE SANDWICH FRUIT	26 SAUSAGE BISCUIT FRESH JUICE or FRUIT HAM SANDWICH FRIES FRUIT
29 PANCAKES/JUICE or FRUIT SLOPPY JOE PB&J SANDWICH FRIES JUICE/MILK	30 BLUEBERRY MUFFIN / JUICE or FRUIT PIZZA CORN FRUIT	1 CHEESE TOAST JUICE or FRUIT BEEFARONI GREEN BEANS GARLIC TOAST /FRUIT	2 BREAKFAST PIZZA / JUICE or FRUIT STEAK NUGGETS BROCCOLI MASHED POTATOES FRUIT VARIETY	3 EGGS / TOAST /FRUIT BBQ PORK SANDWICH BAKED BEANS FRUIT

ALL BREAKFAST and LUNCH SERVED AT NO CHARGE 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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PREK SCHOOL
APRIL 2019 MENU**

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MyPlate Pledge

for

I pledge to be a MyPlate Champion. I will choose foods from the five food groups at school and at home to keep my body and mind healthy every day. I pledge to find fun ways to be active every day. I will also encourage my friends and family to make smart food choices and be active.

**I pledge MyPlate!
Every day I will:**

- Eat more fruits & veggies.
- Try whole grains.
- Re-think my drink.



- Focus on lean protein.
- Slow down on sweets.
- Be active my way.