

# CRISP COUNTY PREK SCHOOL MARCH 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 PANCAKES/ FRUIT
4 PANCAKES/ JUICE or FRUIT CHICKEN FAJITA TORTILLA CHIPS CORN FRUIT	5 SAUSAGE LINK / TOAST/ JUICE or FRUIT HAMBURGERS VEGETABLE CHOICE APPLESAUCE CUPS	6 FRENCH TOAST / FRUIT SPAGHETTI SWEET PEAS GARLIC TOAST FRUIT	7 PANCAKE PUP/ JUICE or FRUIT VEGETABLE SOUP GRILLED CHEESE SANDWICH FRUIT	8 SAUSAGE BISCUIT FRESH JUICE or FRUIT HAM SANDWICH FRIES FRUIT
11 PANCAKES/JUICE or FRUIT SLOPPY JOE PB&J SANDWICH FRIES JUICE/MILK	12 BLUEBERRY MUFFIN / JUICE or FRUIT PIZZA CORN FRUIT	13 STER AND BARROW DAY NO SCHOOL TEACHER PLANNING	14 BREAKFAST PIZZA / JUICE or FRUIT STEAK NUGGETS BROCCOLI MASHED POTATOES FRUIT VARIETY	15 EGGS / TOAST /FRUIT BBQ PORK SANDWICH BAKED BEANS FRUIT
18 FRENCH TOAST / JUICE or FRUIT TACO SALAD GREEN BEANS FRUIT	19 BREAKFAST PIZZA FRESH JUICE or FRUIT CHICKEN NUGGETS MASHED POTATOES ROLL FRUIT	20 SAUSAGE LINK /TOAST / JUICE or FRUIT CORNDOG CARROTS APPLESAUCE CUP	21 PANCAKE PUPS / JUICE or FRUIT BEEF PATTY W/ GRAVY RICE FRUIT	22 PANCAKES/ FRUIT HOTDOGS TATOR TOTS FRUIT
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

**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](http://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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**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)

This institution is an equal opportunity provider