

CRISP COUNTY PRIMARY SCHOOL

DECEMBER 2018 MENU

EVERY DAY AT LUNCH All students can choose either the lunch main course or a PBJ (soy butter and jelly sandwich) **and** choose between 2 different fruits and vegetables

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7 BREAKFAST WAFFLES JUICE or FRUIT BBQ PORK SANDWICH FRIES APPLESAUCE CUPS	8 SAUSAGE LINK / BLUEBERRY MUFFIN/ JUICE or FRUIT CHICKEN W/ NOODLES BROCCOLI WHEAT ROLL/FRUIT	9 HAM BISCUIT FRESH JUICE or FRUIT BEEF PATTY W/ GRAVY MASHED POTATOES GREEN BEANS WHEAT ROLL/FRUIT	10 PANCAKE PUP/ JUICE or FRUIT CHICKEN FAJITA W/ RICE GREEN PEAS ROLLS FRUIT	11 CEREAL BAR/ TOAST / JUICE or FRUIT HAMBURGER SWEET POTATO FRIES APPLESAUCE CUPS
14 CEREAL or CEREAL BAR / TOAST with JELLY/ JUICE or FRUIT TACO SALAD CORN FRUIT	15 FRENCH TOAST STICKS/ JUICE or FRUIT PIZZA SALAD CALIFORNIA BLEND FRUIT	16 CHEESE TOAST JUICE or FRUIT CORNDOG BAKED BEANS COLE SLAW FRUIT	17 BREAKFAST PIZZA / JUICE or FRUIT PORK w/ GRAVY and NOODLES BROCCOLI ROLL FRUIT	18 PANCAKES or WAFFLES JUICE or FRUIT HAMBURGERS CELERY STICKS W/ RANCH DIP FRUIT
21 HOLIDAY NO SCHOOL	22 BREAKFAST PIZZA FRESH JUICE or FRUIT VEGETABLE SOUP GRILLED CHEESE GREEN BEANS FRUIT	23 SAUSAGE LINK /TOAST / JUICE or FRUIT HOTDOGS BAKED BEANS COLE SLAW APPLESAUCE CUP	24 PANCAKE PUPS / JUICE or FRUIT BEEF TIPS w/ GRAVY RICE CORN FRUIT VARIETY	25 CEREAL or CEREAL BAR / TOAST / JUICE or FRUIT CHEESEBURGERS FRIES CARROTS FRUIT
28 BREAKFAST WAFFLES JUICE or FRUIT BBQ PORK SANDWICH FRIES APPLESAUCE CUPS	29 SAUSAGE LINK / BLUEBERRY MUFFIN/ JUICE or FRUIT CHICKEN W/ NOODLES BROCCOLI WHEAT ROLL/FRUIT	30 HAM BISCUIT FRESH JUICE or FRUIT BEEF PATTY W/ GRAVY MASHED POTATOES GREEN BEANS WHEAT ROLL/FRUIT	31 PANCAKE PUP/ JUICE or FRUIT CHICKEN NUGGETS GREEN PEAS ROLLS FRUIT	1 CEREAL BAR/ TOAST / JUICE or FRUIT HAMBURGER SWEET POTATO FRIES APPLESAUCE CUPS

BREAKFAST and LUNCH SERVED FREE DAILY FOR ALL STUDENTS EVERY DAY AT LUNCH

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BREAKFAST also has some choices

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 .

SANDWICH 1.50	ENTREES 1.50
Milk -\$.50	Fruit/Juice -\$.50
Small Side-\$.50	Large Side- \$.75
Cereal bars - \$.50	FRIES \$1.25

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.mypaymentsplus.com/welcome>

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 for Exercising

Plan Ahead

If you're traveling, planning ahead can make all the difference. Take some time to figure out what your options are so you're ready for anything. Just a few ideas:

- Search for [walking, running or park trails nearby](#)
- Look up information about the hotel you're staying at and find out if they have an exercise room
- If you're staying with family, ask if they have any fitness equipment
- If that's not an option, [find any nearby gyms](#) and ask if they let guests use their facility
- Talk to your family in advance and suggest taking a walk or doing something active together
- [Plan simple workouts](#) that don't require much space or equipment. If you're traveling or have visitors, you may be able to sneak in a workout in the basement without bothering anyone.
- If you have time to get in a workout, plan for the worst-case scenario. That may be staying in grandma's basement with no equipment and only 10 or 15 minutes to yourself.
- Bring [resistance bands](#). They travel well and you can use them for quick strength exercises whenever you catch a few minutes.
- If you have a laptop, bring along a workout DVD or try streaming workouts online.
- If guests are staying with you, move your equipment (weights or bands) into your bedroom so you can sneak in some exercise at night or in the morning.
- Wear your running or walking shoes as much as you can. You may find a 20-minute window when people are napping or before dinner for a quick walk or run.
- Walk as much as possible. Take extra laps at the mall, use the stairs or volunteer to walk the dog.
- If you're hanging out with kids, set up a game of football, tag or hide and seek.
- Offer to help with the housework, shoveling snow or raking leaves.
- Something is always better than nothing.