

CRISP COUNTY PRIMARY SCHOOL

MARCH 2019 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
				1 PANCAKES or WAFFLES JUICE or FRUIT CHICKEN SANDWICH CELERY STICKS W/ RANCH DIP FRUIT
4 CEREAL BAR / TOAST with JELLY/ JUICE or FRUIT HAM/GRITS GREEN PEAS CORNBREAD FRUIT	5 BREAKFAST PIZZA FRESH JUICE or FRUIT VEGETABLE BEEF SOUP GRILLED CHEESE GREEN BEANS FRUIT	6 SAUSAGE LINK /TOAST / JUICE or FRUIT HOTDOGS BAKED BEANS COLE SLAW APPLESAUCE CUP	7 PANCAKE PUPS / JUICE or FRUIT BEEF TIPS w/ GRAVY RICE CORN FRUIT VARIETY	8 CEREAL or CEREAL BAR / TOAST / JUICE or FRUIT CHEESEBURGERS FRIES CARROTS FRUIT
11 WAFFLES/SYRUP/ JUICE or FRUIT TACO SALAD PB&J SANDWICH CORN FRUIT/JUICE MILK	12 SAUSAGE LINK / BLUEBERRY MUFFIN/ JUICE or FRUIT SPAGHETTI BROCCOLI WHEAT ROLL/FRUIT	13 STEER AND BARROW DAY NO SCHOOL TEACHER PLANNING	14 PANCAKE PUP/ JUICE or FRUIT CHICKEN NUGGETS MASHED POTATOES GREEN PEAS ROLLS FRUIT	15 SAUSAGE/BISCUIT / JUICE or FRUIT SLOPPY JOE SWEET POTATO FRIES APPLESAUCE CUPS
18 CEREAL or CEREAL BAR / TOAST with JELLY/ JUICE or FRUIT CHILI CON CARNE & BEANS CORN CORNBREAD FRUIT	19 FRENCH TOAST STICKS/ JUICE or FRUIT PIZZA SALAD CALIFORNIA BLEND FRUIT	20 CHEESE TOAST JUICE or FRUIT CORNDOG BAKED BEANS COLE SLAW FRUIT	21 BREAKFAST PIZZA / JUICE or FRUIT BEEFARONI BROCCOLI ROLL FRUIT	22 PANCAKES or WAFFLES JUICE or FRUIT CHICKEN SANDWICH CELERY STICKS W/ RANCH DIP 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

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 soy butter and jelly sandwich **and** choose between 2 different fruits and vegetables

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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**"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)