

CRISP COUNTY ELEMENTARY SCHOOL MARCH 2019 MENU

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 PANCAKES or WAFFLES JUICE or FRUIT HAMBURGERS CELERY STICKS W/ RANCH DIP FRUIT/MILK
4 BREAKFAST WAFFLES JUICE or FRUIT PORK/RICE PBJ SANDWICH BLACK BEANS & CORN FRUIT/MILK	5 SAUSAGE LINK / BLUEBERRY MUFFIN/ JUICE or FRUIT VEGETABLE SOUP W/ GRILLED CHEESE SANDWICH APPLESAUCE CUPS/ MILK	6 HAM w/WHITE BISCUIT FRESH JUICE or FRUIT BEEF PATTY W/ GRAVY MASHED POTATOES GREEN BEANS FRUIT/MILK	7 PANCAKE PUP/ JUICE or FRUIT BAKED HAM CHEESY GRITS CORNBREAD EARLY PEAS FRUIT/ MILK	8 BREAKFAST BARS / JUICE or FRUIT CORNDOG BAKED BEANS COLE SLAW FRUIT/ MILK
11 CEREAL BAR / CHEESE TOAST JUICE or FRUIT BBQ SANDWICH/PBJ FRIES SWEET PEAS FRUIT/JUICE/MILK	12 FRENCH TOAST STICKS/ JUICE or FRUIT PIZZA SALAD CALIFORNIA BLEND FRUIT/MILK	13 STEER AND BARROW DAY NO SCHOOL TEACHER PLANNING	14 BREAKFAST PIZZA / JUICE or FRUIT BAKED HAM MAC n CHEESE SWEET POTATO FRUIT/MILK	15 PANCAKES or WAFFLES JUICE or FRUIT HAMBURGERS CELERY STICKS W/ RANCH DIP FRUIT/MILK
18 SAUSAGE W/ WHITE BISCUIT with JELLY/ JUICE or FRUIT TACO SALAD GREEN BEANS FRUIT/MILK	19 BREAKFAST PIZZA FRESH JUICE or FRUIT HOTDOGS BAKED BEANS CORN APPLESAUCE CUP/ MILK	20 SAUSAGE LINKS W/ TOAST/ JUICE or FRUIT SPAGHETTI POPEYE SALAD NEW BISCUIT FRUIT/MILK	21 PANCAKE PUPS / JUICE or FRUIT STEAK NUGGETS CORNBREAD RICE GREEN BEANS/SWEET PEAS/FRUIT	22 CEREAL or CEREAL BAR / TOAST / JUICE or FRUIT CHEESEBURGERS LETTUCE TOMATO AND PICKLE/CARROTS FRUIT/MILK
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 AT NO CHARGE DAILY FOR
ALL STUDENTS FOR THE ENTIRE
SCHOOL YEAR

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 or ENTRÉE- 1.50

Milk -\$.50

Small Side-\$.50

Cereal bars - \$.50

Cookies/Chips - \$.50

Fruit/Juice -\$.50

Large Side- \$.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.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

This institution is an equal opportunity provider

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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)

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