

ALL BREAKFAST and LUNCH OFFERED DAILY AT NO CHARGE FOR ALL STUDENTS ALL YEAR-This is 1 meal per student

CRISP COUNTY HIGH SCHOOL MAY 2019 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 CEREAL/ CHEESE TOAST /FRUIT or JUICE LUNCH ENTREES STEAK NUGGETS TURKEY SANDWICH LUNCH VEGETABLES MASHED POTATO BROCCOLI CARROT SALAD/FRUIT MILK	2 BREAKFAST PIZZA /FRUIT or JUICE LUNCH ENTREES CHICKEN NACHOS or SLOPPY JOE or SALAD LUNCH VEGETABLES BAKED BEANS / CORN /ORANGES/PLUMS OR APPESAUCE MILK	3 PANCAKES & HAM/FRUIT or JUICE LUNCH ENTREES CHEESEBURGER MANAGER CHOICE PIZZA CHEF SALAD LUNCH VEGETABLES FRIES SANDWICH FIXIN JUICE OR FROZEN JUICE BAR/MILK
6 FRENCH TOAST STICKS/ FRUIT or JUICE LUNCH ENTREES TERIYAKI CHICKEN w/ RICE and ROLL or MEATBALL SUB or SALAD LUNCH VEGETABLES SWEET PEAS and STEAMED CARROTS/ CARROT & CELERY STICKS w/ RANCH/MIXEDFRUIT/ TANGERINE/MILK	7 SAUSAGE BISCUIT FRUIT or JUICE LUNCH ENTREES CHEESEY BREAD STICKS W/MARINARA SAUCE FISH SANDWICH LUNCH VEGETABLES CALIL BLEND CORN PEACHES/APPLES MILK	8 NEW CHICKEN BISCUIT / FRUIT or JUICE LUNCH ENTREES CHILI CHEESE FRIES TURKEY &HAM SUB or SALAD LUNCH VEGETABLES SANDWICH FIXING CARROT STICKS W/RANCH PINEAPPLES/BANANA/ STRAWBERRIES MILK	9 BREAKFAST PIZZA/ FRUIT or JUICE LUNCH ENTREES PORK OVER RICE GRILL CHICKEN SANDWICH or SALAD LUNCH VEGETABLES SANDWICH FIXINGS STEAMED BROCCOLI FRUIT MILK	10 WAFFLES & HAM / FRUIT or JUICE LUNCH ENTREES SAUSAGE DOG MANAGER CHOICE PIZZA LUNCH VEGETABLES FRIES SIDE SALAD JUICE OR FROZEN JUICE BAR MILK
13 HAM BISCUIT FRUIT or JUICE LUNCH ENTREES CHICKEN NUGGETS or PHILLY CHEESE STEAK SANDWICH or SALAD LUNCH VEGETABLES/ SIDES MAC N CHEESE/ GREEN PEAS / MIXED FRUIT/TANGERINE MILK	14 SAUSAGE BUSCUIT FR ITUIT or JUICE LUNCH ENTREES BBQ BAKED POTATO COMBO SUB or SALAD LUNCH VEGETABLES MIXED VEGETABLES/ CORN ON THE COB LETTUCE/TOMATOES/ PEACHES/APPLES MILK	15 SAUSAGE & TOAST/ FRUIT LUNCH ENTREES STEAK NUGGETS TURKEY SUB SALAD LUNCH VEGETABLES MASHED POTATOES BROCCOLI SANDWICH FIXINGS PINEAPPLE/BANANA/ STRAWBERRIES/MILK	16 BREAKFAST PIZZA/ FRUIT or JUICE LUNCH ENTREES TACO SALAD BREADED CHICKEN SANDWICH or SALAD LUNCH VEGETABLES BAKED BEAN CARROT/RANCH /PEACHES/ ORANGES MILK	17 CHICKEN BISCUIT FRUIT or JUICE LUNCH ENTREES CHEESE BURGER MANAGER CHOICE PIZZA LUNCH VEGETABLES FRIES SANDWICH FIXINGS JUICE OR FROZEN JUICE BAR MILK
20 PANCAKE PUP/SYRUP JUICE/MILK LUNCH ENTREES CHEESE STICKS W/ MARINARA SAUCE SALAD BAR PBJ SANDWICH LUNCH VEGETABLES GREEN BEANS CARROT /RANCH MIXED FRUIT TANGERINE JUICE/MILK	21 HAM BISCUIT FRUIT or JUICE LUNCH ENTREES CHEESY HOTDOG or SALAD LUNCH VEGETABLES CHIPS SIDE SALAD PEACHES/ APPLES MILK	22 CEREAL/ CHEESE TOAST /FRUIT or JUICE EARLY RELEASE LUNCH ENTREES GRILLED CHICKEN SANDWICH CHIPS SANDWICH FIXINGS FRUIT	23	24
27	28	29	30	31

LINES 1-3 will have the hot entrée and vegetables **OR** sandwich choice and vegetables. Also check out our fresh fruit for your meals. PIZZA on MONDAYS and FRIDAYS

Extra items below will cost these amounts:
 Gatorade 1.00
 Bottled water 1.00
 CHIPS/COOKIES \$.50-1.00
 THESE ITEMS ARE INCLUDED IN MEALS BUT CAN ALSO BE BOUGHT SEPERATELY OR IN ADDITION TO THE ONE MEAL.
 Sandwich/Pizza- 1.50
 Entrée-1.50(NOT SALAD)
 Milk .50
 Fruit/Juice .50
 Money must be in student's account or student must have cash at time of sale
Money can also be put in account for student at each school cafeteria or go ONLINE to put money into accounts for extra items at <https://www2.mypaymentsplus.com/welcome> OFFERED EVERY DAY ON LINE 4 are 3 MEAL CHOICES

PIZZA MEAL, as with all meals, REQUIRES 1/2 CUP FRUIT OR VEGETABLE

BREAKFAST-

THERE IS A GRAB N GO BREAKFAST CHOICE DAILY. It has 2 Cereal Bars and a Fruit that can go in your bookbag for later. No eating in the classrooms. Take it with you if you have a club activity.



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Summer Healthy Tips For Kids

- **Never skip breakfast** breakfast is the most important meal of the entire day.
- **Eat plenty of fresh fruits & vegetables daily** make sure $\frac{1}{2}$ of your plate is filled with fruits and veggies with each important meal (breakfast, lunch, dinner).
- **Wash your hands**
- **Always stay hydrated**
- **Wear sunscreen**
- **Wear sunglasses**
- **Get plenty of rest**
- **Good oral hygiene**
- **Stay Active!**
- **Wear safety gear**

HAVE A GREAT SUMMER