

CRISP COUNTY MIDDLE SCHOOL MAY 2019 MENU

**1 BREAKFAST and 1 LUNCH
OFFERED DAILY AT
NO CHARGE FOR ALL
STUDENTS FOR THE ENTIRE SCHOOL**

(Additional items can be purchased)

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|--|
| | | 1 PANCAKE PUPS OR CEREAL BARS - FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> CHILLI NACHOS SALAD BAR PIZZA <u>LUNCH VEGETABLES ETC.</u> POWER UP SWEET POTATOES/ SIDE SALAD/ PUMP ME UP PINEAPPLE/MILK | 2 NEW SAUSAGE BISCUIT OR CEREAL BARS - FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> CHICKEN FAJITA/RICE HOT DOG SALAD BAR <u>LUNCH VEGETABLES ETC.</u> OKRA /COLE SLAW/SIDE SALAD/FRUIT FRUIT/MILK | 3 NEW CHICKEN BISCUIT OR CEREAL BARS -FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> CHEESEBURGERS OR BBQ (Rotate) CORNDOG or CORNDOG or SAUSAGE DOG OR CHICKEN SANDWICH <u>LUNCH VEGETABLES ETC.</u> PICKLES,LETTUCE TOMATOES/FRENCH FRIES/BAKED BEANS FRUIT/MILK |
| 6 BREAKFAST PIZZA OR CEREAL BARS - FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> SPAGHETTI w/ MEAT SAUCE & BREAD STICKS/ BBQ SANDWICH SALAD BAR <u>LUNCH VEGETABLES ETC.</u> GEAR UP GREEN BEANS/ SMART SPINACH SALAD / FRUIT/MILK | 7 GRITS & EGGS OR CEREAL BARS - FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> BEEFARONI PIZZA SALAD BAR <u>LUNCH VEGETABLES ETC.</u> NEW BISCUIT CORN/SIDE SALAD/FRUIT/MILK | 8 PANCAKE PUPS OR CEREAL BARS - FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> CHILLI CHEESE FRIES PIZZA SALAD BAR <u>LUNCH VEGETABLES</u> CORN ON COB SIDE SALAD / WHOLE FRUIT/MILK | 9 NEW SAUSAGE BISCUIT OR CEREAL BARS - FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> PORK W GRAVY/RICE GRILLED HAM AND CHEESE SANDWICH SALAD BAR <u>LUNCH VEGETABLES</u> FIELD PEAS & SNAPS/ TATOR TOTS/SIDE SALAD/FRUIT/MILK | 10 NEW CHICKEN BISCUIT OR CEREAL BARS -FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> CHEESEBURGERS OR BBQ (Rotate) CORNDOG or SAUSAGE DOG OR CHICKEN SANDWICH <u>LUNCH VEGETABLES ETC.</u> PICKLES,LETTUCE TOMATOES/FRENCH FRIES/BAKED BEANS FRUIT/MILK |
| 13 BREAKFAST PIZZA OR CEREAL BARS - FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> CHICKENNUGETTS PIZZA MAC N CHEESE SALAD BAR <u>LUNCH VEGETABLES</u> NEW BISCUIT/SWEET PEAS SMART SPINACH SALAD/WHOLE FRUITS/MILK | 14 CHEESE GRITS & TOAST OR CEREAL BARS - FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> BRUNSWICK STEW w/ GRILLED CHEESE PIZZA SALAD BAR <u>LUNCH VEGETABLES ETC.</u> CHEESY BROCCOLI/LIMA BEANS / SIDE SALAD/WHOLE FRUITS/MILK | 15 PANCAKE PUPS OR CEREAL BARS - FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> CHILLI CHEESE NACHOS PIZZA SALAD BAR <u>LUNCH VEGETABLES</u> POWER UP SWEET POTATOES SIDE SALAD WHOLE FRUITS | 16 NEW SAUSAGE BISCUIT OR CEREAL BARS - FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> CHICKEN FAJITA CORN DOG SALAD BAR <u>LUNCH VEGETABLES ETC.</u> FRESH KALE/ RICE/ SIDE SALAD/ FRUIT/MILK | 17 NEW CHICKEN BISCUIT OR CEREAL BARS -FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> CHEESEBURGERS OR BBQ (Rotate) CORNDOG or CORNDOG or SAUSAGE DOG OR CHICKEN SANDWICH <u>LUNCH VEGETABLES ETC.</u> PICKLES,LETTUCE TOMATOES/FRENCH FRIES/BAKED BEANS FRUIT/MILK |
| 20 BREAKFAST PIZZA OR CEREAL BARS - FRUIT AND/OR JUICE <u>LUNCH ENTRÉE</u> FISH SANDWICH BBQ SANDWICH SALAD BAR <u>LUNCH VEGETABLES</u> GREEN BEANS POPE SALAD FRUIT/MILK | 21 GRITS & EGGS OR CEREAL BARS - FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> PORK & GRAVY/RICE GRILLED CHICKEN SALAD BAR <u>LUNCH VEGETABLES ETC.</u> NEW BISCUIT BROCCOLI/CARROTS SIDE SALAD FRUIT/MILK | 22 PANCAKE PUPS OR CEREAL BARS - FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> EARLY RELEASE | 23 | 24 |
| 27 | 28 | 29 | 30 | 31 |

THE FOLLOWING ITEMS ARE INCLUDED IN MEALS BUT CAN ALSO PURCHASED SEPERATELY OR IN ADDITION TO THE ONE MEAL for each of the BREAKFAST and LUNCH periods .

Sandwich-\$1.50
Entrée-\$1.50
Cereal bars - \$.50
Milk -\$.50
Fruit/Juice -\$.50
Small Side-\$.50
SWEET "T" - \$.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.mypaymentspl.us.com/welcome>

MONDAY, TUESDAY and THURSDAY all SALADS are DARK GREEN either Romaine or Spinach

LUNCH DAILY
PEANUT BUTTER AND JELLY SANDWICH WITH EITHER YOGURT OR CHEESESTICKS AS ONE ADDITIONAL MEAL CHOICE

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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 ½ 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