

CRISP COUNTY ELEMENTARY SCHOOL APRIL 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 STUDENT HOLIDAY	2 SAUSAGE LINK / BLUEBERRY MUFFIN/ JUICE or FRUIT VEGETABLE BEEF SOUP W/ GRILLED CHEESE SANDWICH/EARLY PEAS APPLESAUCE CUPS/ MILK	3 HAM w/WHITE BISCUIT FRESH JUICE or FRUIT BEEF TIPS W/ GRAVY MASHED POTATOES GREEN BEANS FRUIT/MILK	4 PANCAKE PUP/ JUICE or FRUIT BAKED HAM CHEESY GRITS CORNBREAD CORN FRUIT/ MILK	5 BREAKFAST BARS / JUICE or FRUIT CORNDOG BAKED BEANS COLE SLAW FRUIT/ MILK
8 CEREAL BAR / CHEESE TOAST JUICE or FRUIT BBQ SANDWICH/PBJ FRIES SWEET PEAS FRUIT/JUICE/MILK	19 FRENCH TOAST STICKS/ JUICE or FRUIT PIZZA SALAD CALIFORNIA BLEND FRUIT/MILK	10 CHEESE TOAST JUICE or FRUIT CHICKEN NOODLE BROCCOLI WHEAT ROLL/ FRUIT/MILK	11 BREAKFAST PIZZA / JUICE or FRUIT BAKED HAM MAC n CHEESE SWEET POTATO FRUIT/MILK	12 PANCAKES or WAFFLES JUICE or FRUIT SLOPPY JOE CARROT STICKS W/ RANCH DIP FRUIT/MILK
15 SAUSAGE W/ WHITE BISCUIT with JELLY/ JUICE or FRUIT TACO SALAD GREEN BEANS FRUIT/MILK	16 BREAKFAST PIZZA FRESH JUICE or FRUIT HOTDOGS BAKED BEANS CORN APPLESAUCE CUP/ MILK	17 SAUSAGE LINKS W/ TOAST/ JUICE or FRUIT SPAGHETTI POPEYE SALAD NEW BISCUIT FRUIT/MILK	18 PANCAKE PUPS / JUICE or FRUIT BEEF TIPS/GRAVY CORNBREAD RICE GREEN BEANS/SWEET PEAS/FRUIT	19 CEREAL or CEREAL BAR / TOAST / JUICE or FRUIT SLOPPY JOE LETTUCE TOMATO AND PICKLE/CARROTS FRUIT/MILK
22 BREAKFAST WAFFLES JUICE or FRUIT PORK/RICE PBJ SANDWICH BLACK BEANS & CORN FRUIT/MILK	23 SAUSAGE LINK / BLUEBERRY MUFFIN/ JUICE or FRUIT VEGETABLE BEEF SOUP W/ GRILLED CHEESE SANDWICH APPLESAUCE CUPS/ MILK	24 HAM w/WHITE BISCUIT FRESH JUICE or FRUIT BEEF TIPS W/ GRAVY MASHED POTATOES GREEN BEANS FRUIT/MILK	25 PANCAKE PUP/ JUICE or FRUIT BAKED HAM CHEESY GRITS CORNBREAD EARLY PEAS FRUIT/ MILK	26 BREAKFAST BARS / JUICE or FRUIT SLOPPY JOE BAKED BEANS COLE SLAW FRUIT/ MILK
29 CEREAL BAR / CHEESE TOAST JUICE or FRUIT BBQ SANDWICH/PBJ FRIES SWEET PEAS FRUIT/JUICE/MILK	30 FRENCH TOAST STICKS/ JUICE or FRUIT PIZZA SALAD CALIFORNIA BLEND FRUIT/MILK	1 CHEESE TOAST JUICE or FRUIT BRUNSWICK STEW CORNBREAD BROCCOLI / FRUIT/MILK	2 BREAKFAST PIZZA / JUICE or FRUIT BAKED HAM MAC n CHEESE SWEET POTATO FRUIT/MILK	3 PANCAKES or WAFFLES JUICE or FRUIT SLOPPY JOE CELERY STICKS W/ RANCH DIP FRUIT/MILK

ALL 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 peanut 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 or ENTRÉE- 1.50

Milk -\$.50 Fruit/Juice -\$.50
Small Side-\$.50 Large Side- \$.75
Cereal bars - \$.50
Cookies/Chips - \$.50

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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Choose MyPlate



- **Make half your plate fruits and vegetables**
- **Focus on whole**
- **Vary your veggies**
- **Make half your grains whole grains**
- **Move to low-fat or fat-free milk or yogurt**
- **Vary your protein routine**
- **Drink and eat beverages and food with less sodium, saturated fat, and added sugars**
- **Drink water instead of sugary drinks**
- **Everything you eat and drink matters**

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