

CRISP COUNTY PRIMARY SCHOOL

MAY 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 STUFFED BREAD STICKS FRUIT CORNDOG BAKED BEANS COLE SLAW FRUIT	2 BREAKFAST PIZZA / JUICE or FRUIT CHICKEN NUGGETS MASHED POTATOES GREEN PEAS ROLLS FRUIT	3 PANCAKES or WAFFLES JUICE or FRUIT SLOPPY JOE SWEET POTATO FRIES APPLESAUCE CUPS
6 CEREAL BAR / TOAST with JELLY/ JUICE or FRUIT TURKEY AND CHEESE SANDWICH GREEN PEAS/CARROTS FRUIT	7 BREAKFAST PIZZA FRESH JUICE or FRUIT HOTDOGS BAKED BEANS COLE SLAW APPLESAUCE CUP	8 SAUSAGE LINK /TOAST / JUICE or FRUIT CHICKEN NOODLE BROCCOLI FRUIT	9 PANCAKE PUPS / JUICE or FRUIT BBQ SANDWICH CORN FRUIT VARIETY	10 CEREAL or CEREAL BAR / TOAST / JUICE or FRUIT CHEESEBURGERS FRIES CARROTS FRUIT
13 WAFFLES/SYRUP/ JUICE or FRUIT TACO SALAD PB&J SANDWICH CORN FRUIT/JUICE MILK	14 SAUSAGE LINK / BLUEBERRY MUFFIN/ JUICE or FRUIT SPAGHETTI BROCCOLI WHEAT ROLL/FRUIT	15 HAM BISCUIT FRESH JUICE or FRUIT BEEF PATTY W/ GRAVY RICE GREEN BEANS WHEAT ROLL/FRUIT	16 PANCAKE PUP/ JUICE or FRUIT CHICKEN NUGGETS MASHED POTATOES GREEN PEAS ROLLS FRUIT	17 SAUSAGE/BISCUIT / JUICE or FRUIT SLOPPY JOE SWEET POTATO FRIES APPLESAUCE CUPS
20 CEREAL or CEREAL BAR / TOAST with JELLY/ JUICE or FRUIT BBQ FRENCH FRIES CORN FRUIT	21 FRENCH TOAST STICKS/ JUICE or FRUIT PIZZA SALAD CALIFORNIA BLEND FRUIT	22 STUFFED BREAD STICKS FRUIT EARLY RELEASE	23	24
27	28	29 F	30	31

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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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