

# CRISP COUNTY PREK SCHOOL FEBRUARY 2019 MENU

**EVERY DAY AT LUNCH** All students can choose either the lunch main course or a peanut butter and jelly sandwich (or other sandwich choice). MILK IS SERVED FOR EVERY MEAL.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> EGGS / TOAST / FRUIT  BBQ PORK SANDWICH BAKED BEANS FRUIT
<b>4</b> FRENCH TOAST / JUICE or FRUIT  TACO SALAD GREEN BEANS FRUIT	<b>5</b> BREAKFAST PIZZA FRESH JUICE or FRUIT  CHICKEN NUGGETS MASHED POTATOES ROLL FRUIT	<b>6</b> SAUSAGE LINK / TOAST / JUICE or FRUIT  CORNDOG CARROTS APPLESAUCE CUP	<b>7</b> PANCAKE PUPS / JUICE or FRUIT  BEEF PATTY W/ GRAVY RICE FRUIT	<b>8</b> PANCAKES/ FRUIT  HOTDOGS TATOR TOTS FRUIT
<b>11</b> PANCAKES/ JUICE or FRUIT  CHICKEN FAJITA TORTILLA CHIPS CORN FRUIT	<b>12</b> SAUSAGE LINK / TOAST/ JUICE or FRUIT  HAMBURGERS VEGETABLE CHOICE APPLESAUCE CUPS	<b>13</b> FRENCH TOAST / FRUIT  SPAGHETTI SWEET PEAS GARLIC TOAST FRUIT	<b>14</b> PANCAKE PUP/ JUICE or FRUIT  VEGETABLE SOUP GRILLED CHEESE SANDWICH FRUIT	<b>15</b> SAUSAGE BISCUIT FRESH JUICE or FRUIT  TURKEY SANDWICH FRIES FRUIT
<b>18</b> HOLIDAY NO SCHOOL	<b>19</b> BLUEBERRY MUFFIN / JUICE or FRUIT  PIZZA CORN FRUIT	<b>20</b> CHEESE TOAST JUICE or FRUIT  BEEFARONI GREEN BEANS GARLIC TOAST /FRUIT	<b>21</b> BREAKFAST PIZZA / JUICE or FRUIT  STEAK NUGGETS BROCCOLI RICE FRUIT VARIETY	<b>22</b> EGGS / TOAST /FRUIT  BBQ PORK SANDWICH BAKED BEANS FRUIT
<b>25</b> FRENCH TOAST / JUICE or FRUIT  TACO SALAD GREEN BEANS FRUIT	<b>26</b> BREAKFAST PIZZA FRESH JUICE or FRUIT  CHICKEN NUGGETS MASHED POTATOES ROLL FRUIT	<b>27</b> SAUSAGE LINK / TOAST / JUICE or FRUIT  CORNDOG CARROTS APPLESAUCE CUP	<b>28</b> PANCAKE PUPS / JUICE or FRUIT  BEEF PATTY W/ GRAVY RICE FRUIT	<b>1</b> PANCAKES/ FRUIT  HOTDOGS TATOR TOTS FRUIT



**ALL BREAKFAST and LUNCH SERVED FREE 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.

**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 .**

SANDWICHES or ENTRÉE- 1.50  
 Milk -\$.50                      Fruit/Juice -\$.50  
 Small Side-\$.50                Large Side- \$.75  
 Cereal bars - \$.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 [MYPAYMENTPLUS.COM](http://MYPAYMENTPLUS.COM)

**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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## NEWS and TIPS for Exercising

How can you exercise indoors in the winter?

**Just perform three or four of these exercises three or four times a week to grow stronger all winter long.**

- Push-ups.
- Crunches.
- Leg lifts.
- Planks.
- Squats.
- Lunges.
- Chair dips.
- Calf raises.

### Food facts

Cabbage is 91% water.

Cherries are a member of the rose family.