

CRISP COUNTY PRIMARY SCHOOL

APRIL 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 STUDENT HOLIDAY	2 BREAKFAST PIZZA FRESH JUICE or FRUIT HOTDOGS BAKED BEANS COLE SLAW APPLESAUCE CUP	3 SAUSAGE LINK /TOAST / JUICE or FRUIT CHICKEN NOODLE BROCCOLI FRUIT	4 PANCAKE PUPS / JUICE or FRUIT PORK w/ GRAVY RICE CORN FRUIT VARIETY	5 CEREAL or CEREAL BAR / TOAST / JUICE or FRUIT CHEESEBURGERS FRIES CARROTS FRUIT
8 WAFFLES/SYRUP/ JUICE or FRUIT TACO SALAD PB&J SANDWICH CORN FRUIT/JUICE MILK	9 SAUSAGE LINK / BLUEBERRY MUFFIN/ JUICE or FRUIT SPAGHETTI BROCCOLI WHEAT ROLL/FRUIT	10 HAM BISCUIT FRESH JUICE or FRUIT BEEF TIPS W/ GRAVY RICE GREEN BEANS WHEAT ROLL/FRUIT	11 PANCAKE PUP/ JUICE or FRUIT CHICKEN NUGGETS MASHED POTATOES GREEN PEAS ROLLS FRUIT	12 SAUSAGE/BISCUIT / JUICE or FRUIT SLOPPY JOE SWEET POTATO FRIES APPLESAUCE CUPS
15 CEREAL or CEREAL BAR / TOAST with JELLY/ JUICE or FRUIT BBQ FRENCH FRIES CORN FRUIT	16 FRENCH TOAST STICKS/ JUICE or FRUIT PIZZA SALAD CALIFORNIA BLEND FRUIT	17 STUFFED BREAD STICKS FRUIT CORNDOG BAKED BEANS COLE SLAW FRUIT	18 BREAKFAST PIZZA / JUICE or FRUIT BEEFARONI BROCCOLI ROLL FRUIT	19 PANCAKES or WAFFLES JUICE or FRUIT CHICKEN SANDWICH CELERY STICKS W/ RANCH DIP FRUIT
22 CEREAL BAR / TOAST with JELLY/ JUICE or FRUIT HAM/GRITS GREEN PEAS CORNBREAD/FRUIT	23 BREAKFAST PIZZA FRESH JUICE or FRUIT HOTDOGS BAKED BEANS COLE SLAW APPLESAUCE CUP	24 SAUSAGE LINK /TOAST / JUICE or FRUIT CHICKEN NOODLE BROCCOLI FRUIT	25 PANCAKE PUPS / JUICE or FRUIT PORK w/ GRAVY RICE CORN FRUIT VARIETY	26 CEREAL or CEREAL BAR / TOAST / JUICE or FRUIT CHEESEBURGERS FRIES CARROTS FRUIT
29 WAFFLES/SYRUP/ JUICE or FRUIT TACO SALAD PB&J SANDWICH CORN FRUIT/JUICE MILK	30 SAUSAGE LINK / BLUEBERRY MUFFIN/ JUICE or FRUIT SPAGHETTI BROCCOLI WHEAT ROLL/FRUIT	1 HAM BISCUIT FRESH JUICE or FRUIT BEEF PATTY W/ GRAVY RICE GREEN BEANS WHEAT ROLL/FRUIT	2 PANCAKE PUP/ JUICE or FRUIT CHICKEN NUGGETS MASHED POTATOES GREEN PEAS ROLLS FRUIT	3 SAUSAGE/BISCUIT / JUICE or FRUIT SLOPPY JOE SWEET POTATO FRIES APPLESAUCE CUPS

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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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**