

CRISP COUNTY ELEMENTARY SCHOOL FEBRUARY 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 PANCAKES or WAFFLES JUICE or FRUIT HAMBURGERS CELERY STICKS W/ RANCH DIP FRUIT/MILK
4 CEREAL BAR / TOAST with JELLY/ JUICE or FRUIT TACO SALAD GREEN BEANS FRUIT/MILK	5 BREAKFAST PIZZA FRESH JUICE or FRUIT HOTDOGS BAKED BEANS CORN APPLESAUCE CUP/ MILK	6 SAUSAGE LINK /TOAST / JUICE or FRUIT SPAGHETTI POPEYE SALAD ROLL FRUIT/MILK	7 PANCAKE PUPS / JUICE or FRUIT STEAK NUGGETS CORNBREAD RICE GREEN BEANS/SWEET PEAS/FRUIT	8 CEREAL or CEREAL BAR / TOAST / JUICE or FRUIT CHEESEBURGERS LETTUCE TOMATO AND PICKLE/CARROTS FRUIT/MILK
11 BREAKFAST WAFFLES JUICE or FRUIT CHICKEN FAJITA RICE BLACK BEANS & CORN FRUIT/MILK	12 SAUSAGE LINK / BLUEBERRY MUFFIN/ JUICE or FRUIT VEGETABLE SOUP W/ GRILLED CHEESE SANDWICH APPLESAUCE CUPS/ MILK	13 HAM BISCUIT FRESH JUICE or FRUIT BEEF PATTY W/ GRAVY MASHED POTATOES GREEN BEANS WHEAT ROLL FRUIT/MILK	14 PANCAKE PUP/ JUICE or FRUIT BAKED HAM CHEESY GRITS CORNBREAD EARLY PEAS FRUIT/ MILK	15 BREAKFAST BARS / JUICE or FRUIT CORNDOG BAKED BEANS COLE SLAW FRUIT/ MILK
18 HOLIDAY NO SCHOOL	19 FRENCH TOAST STICKS/ JUICE or FRUIT PIZZA SALAD CALIFORNIA BLEND FRUIT/MILK	20 CHEESE TOAST JUICE or FRUIT CHICKEN NUGGETS BROCCOLI WHEAT ROLL/ FRUIT/MILK	21 BREAKFAST PIZZA / JUICE or FRUIT BAKED HAM MAC n CHEESE SWEET POTATO FRUIT/MILK	22 PANCAKES or WAFFLES JUICE or FRUIT HAMBURGERS CELERY STICKS W/ RANCH DIP FRUIT/MILK
25 CEREAL BAR / TOAST with JELLY/ JUICE or FRUIT TACO SALAD GREEN BEANS FRUIT/MILK	26 BREAKFAST PIZZA FRESH JUICE or FRUIT HOTDOGS BAKED BEANS CORN APPLESAUCE CUP/ MILK	27 SAUSAGE LINK /TOAST / JUICE or FRUIT SPAGHETTI POPEYE SALAD ROLL FRUIT/MILK	28 PANCAKE PUPS / JUICE or FRUIT STEAK NUGGETS CORNBREAD RICE GREEN BEANS/SWEET PEAS/FRUIT	1 CEREAL or CEREAL BAR / TOAST / JUICE or FRUIT CHEESEBURGERS LETTUCE TOMATO AND PICKLE/CARROTS FRUIT/MILK

**ALL BREAKFAST and LUNCH
SERVED FREE DAILY FOR ALL
STUDENTS FOR THE ENTIRE SCHOOL
YEAR**

EVERY DAY AT LUNCH

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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

Small Side-\$.50

Cereal bars - \$.50

Cookies/Chips - \$.50

Fruit/Juice -\$.50

Large Side- \$.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.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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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.