

ALL BREAKFAST and LUNCH OFFERED DAILY AT NO CHARGE FOR ALL STUDENTS ALL YEAR-This is 1 meal per student

CRISP COUNTY HIGH SCHOOL DECEMBER 2018 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 PANCAKE PUPS / FRUIT or JUICE <hr/> LUNCH ENTREES CHICKEN FAJITA or SAUSAGE DOG or CHEESE PIZZA or SALAD <hr/> LUNCH VEGETABLES CORN SIDE SALAD FRUIT	4 HAM CROISSANT FRUIT or JUICE <hr/> LUNCH ENTREES BEEF TIP over RICE or GRILLED CHICKEN SANDWICH or SALAD <hr/> LUNCH VEGETABLES SWEET PEAS/S/SANDWICH FIXINGS FRUIT	5 CEREAL/ CHEESE TOAST /FRUIT or JUICE <hr/> LUNCH ENTREES CHICKEN & DUMPLINGS and CORNBREAD or TURKEY & CHEESE SUB or SALAD <hr/> LUNCH VEGETABLES FRIED OKRA/ GREEN PEAS/ SANDWICH FIXINGS FRUIT	6 BREAKFAST PIZZA /FRUIT or JUICE <hr/> LUNCH ENTREES CHILLI CHEESE FRIES or CHILLI HOTDOG or SALAD <hr/> LUNCH VEGETABLES BAKED BEANS /BROCCOLI /FRUIT	7 PANCAKES & HAM/FRUIT or JUICE <hr/> LUNCH ENTREES HAMBURGER MANAGER CHOICE PIZZA CHEF SALAD <hr/> LUNCH VEGETABLES FRIES / SANDWICH FIXINGS CORN/FRUIT
10 FRENCH TOAST STICKS/ FRUIT or JUICE <hr/> LUNCH ENTREES TERIYAKI CHICKEN w/ RICE and ROLL or MEATBALL SUB or SALAD <hr/> LUNCH VEGETABLES SWEET PEAS and STEAMED CARROTS/ CARROT & CELERY STICKS w/ RANCH/FRUIT	11 MUFFIN and SAUSAGE / FRUIT or JUICE <hr/> LUNCH ENTREES VEGETABLE SOUP W/ GRILLED CHEESE SANDWICH or COMBO SUB or SALAD <hr/> LUNCH VEGETABLES SANDWICH FIXINGS/SIDE SALAD/ SWEET POTATO FRIES/ APPLES	12 CHICKEN BISCUIT / FRUIT or JUICE <hr/> LUNCH ENTREES SHEPPARD PIE/ GARLIC BREAD or BREADED CHICKEN SANDWICH or SALAD <hr/> LUNCH VEGETABLES GREEN BEANS/CARROTS SIDE SALAD FRUIT	13 BREAKFAST PIZZA/ FRUIT or JUICE <hr/> LUNCH ENTREES HAMBURGER STEAK W/ GRAVY OR SANDWICH WRAP or SALAD <hr/> LUNCH VEGETABLES LIMA BEANS/ MASHED POTATOES/ROLLS FRUIT	14 WAFFLES & HAM / FRUIT or JUICE <hr/> LUNCH ENTREES CORNDOGS/ MANAGER CHOICE PIZZA <hr/> LUNCH VEGETABLES /LETTUCE & TOMATO BAKED BEANS / CORN/SANDWICH FIXINGS FRUIT TASTE TEST- BBQ PORK POTATOES
17 HAM CROISSANTS/ FRUIT or JUICE <hr/> LUNCH ENTREES CHICKEN NUGGETS or PHILLY CHEESE STEAK SANDWICH or SALAD <hr/> LUNCH VEGETABLES/ SIDES MAC N CHEESE/ GREEN PEAS /MIXED FRUIT/ PLUM	18 MUFFIN & SAUSAGE/ FRUIT or JUICE <hr/> LUNCH ENTREES TACO SALAD or CORNDOGS or SALAD <hr/> LUNCH VEGETABLES CALIOFRNIA BLEND VEGETABLES/ CORN/ SIDE SALAD/GRAPEFRUIT/ MANGO APPLESAUCE	19 SAUSAGE & TOAST/ FRUIT <hr/> LUNCH ENTREES EARLY RELEASE GRILLED CHICKEN SANDWICH <hr/> LUNCH VEGETABLES CARROTS & CELERY STICKS LETTUCE, TOMATO & PICKLE FRUIT CANDY CANE	20 CHRISTMAS HOLIDAY NO SCHOOL	21 CHRISTMAS HOLIDAY NO SCHOOL
24 CHRISTMAS HOLIDAY NO SCHOOL	25 CHRISTMAS HOLIDAY NO SCHOOL	26 CHRISTMAS HOLIDAY NO SCHOOL	27 CHRISTMAS HOLIDAY NO SCHOOL	28 CHRISTMAS HOLIDAY NO SCHOOL

LINES 1-3 will have the hot entrée and vegetables **OR** sandwich choice and vegetables. Also check out our fresh fruit for your meals.
PIZZA on MONDAYS and FRIDAYS

Extra items below will cost these amounts:
 Gatorade 1.00
 Bottled water 1.00
 CHIPS/COOKIES \$.50-1.00
THESE ITEMS ARE INCLUDED IN MEALS BUT CAN ALSO BE BOUGHT SEPERATELY OR IN ADDITION TO THE ONE MEAL
 Sandwich/Pizza- 1.50
 Entrée-1.50(NOT SALAD)
 Milk .50
 Fruit/Juice .50
 Money must be in student's account or student must have cash at time of sale
 Money can also be put in account for student at each school cafeteria or go **ONLINE** to put money into accounts for extra items at <https://www2.mypaymenetsplus.com/welcome>
OFFERED EVERY DAY ON LINE 4 are 3 MEAL CHOICES

PIZZA MEAL, as with all meals, **REQUIRES ½ CUP FRUIT OR VEGETABLE**

BREAKFAST-

THERE IS A GRAB N GO BREAKFAST CHOICE DAILY. It has 2 Cereal Bars and a Fruit that can go in your bookbag for later. No eating in the classrooms. Take it with you if you have a club activity.



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NEWS and TIPS..... Everyone can practice food safety during the holidays.

Feasting with family and friends is part of many holiday celebrations. Follow these simple tips to keep safe from food poisoning, or foodborne illness, during the holidays.

- **Wash your hands.** Be sure to wash your hands with soap and water before and after preparing food, after touching raw meat, raw eggs, or unwashed vegetables, and before eating or drinking.
- **Cook food thoroughly.** Meat, poultry, seafood, and eggs can carry germs that cause food poisoning. Use a food thermometer to ensure these foods have been cooked to the [safe minimum internal temperature](#). Roasts, chops, steaks and fresh ham should rest for 3 minutes after removing from the oven or grill.
- **Keep food out of the “danger zone.”** Bacteria can grow rapidly at room temperature. After food is cooked, keep hot food hot and cold food cold. Refrigerate or freeze any perishable food within 2 hours. The temperature in your refrigerator should be set at or below 40°F and the freezer at or below 0°F.
- **Use pasteurized eggs for dishes containing raw eggs.** *Salmonella* and other harmful germs can live on both the outside and inside of normal-looking eggs. Many holiday favorites contain raw eggs, including eggnog, tiramisu, hollandaise sauce, and Caesar dressing. Always use pasteurized eggs when making these and other foods made with raw eggs.
- **Do not eat dough or batter.** Dough and batter made with flour or eggs can contain harmful germs, such as *E. coli* and *Salmonella*. Do not taste or eat [unpasteurized dough or batter](#) of any kind, including those for cookies, cakes, pies, biscuits, pancakes, tortillas, pizza, or crafts. Do not let children taste raw dough or batter or play with dough at home or in restaurants.
- **Keep foods separated.** Keep meat, poultry, seafood, and eggs separate from all other foods at the grocery and in the refrigerator. Prevent juices from meat, poultry, and seafood from dripping or leaking onto other foods by keeping them in containers or sealed plastic bags. Store eggs in their original carton in the main compartment of the refrigerator.
- **Safely thaw your turkey.** [Thaw turkey](#) in the refrigerator, in a sink of cold water that is changed every 30 minutes, or in the microwave. Avoid thawing foods on the counter. A turkey must thaw at a safe temperature to prevent harmful germs from growing rapidly.

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