

# CRISP COUNTY PREK SCHOOL MAY 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> SAUSAGE LINK / TOAST / JUICE or FRUIT BEEFARONI GREEN BEANS APPLESAUCE CUP	<b>2</b> PANCAKE PUPS / JUICE or FRUIT BEEF PATTY W/ GRAVY RICE GREEN BEANS FRUIT	<b>3</b> PANCAKES/ FRUIT HOTDOGS TATOR TOTS FRUIT
<b>6</b> PANCAKES/ JUICE or FRUIT CHICKEN FAJITA TORTILLA CHIPS CORN FRUIT	<b>7</b> SAUSAGE LINK / TOAST/ JUICE or FRUIT HAMBURGERS VEGETABLE CHOICE APPLESAUCE CUPS	<b>8</b> FRENCH TOAST / FRUIT SPAGHETTI SWEET PEAS GARLIC TOAST FRUIT	<b>9</b> PANCAKE PUP/ JUICE or FRUIT CHICKEN POTPIE BROCCOLI PBJ SANDWICH FRUIT	<b>10</b> SAUSAGE BISCUIT FRESH JUICE or FRUIT HAM SANDWICH FRIES FRUIT
<b>13</b> PANCAKES/JUICE or FRUIT SLOPPY JOE PB&J SANDWICH FRIES JUICE/MILK	<b>14</b> BLUEBERRY MUFFIN / JUICE or FRUIT PIZZA CORN FRUIT	<b>15</b> CHEESE TOAST JUICE or FRUIT CORN DOG GREEN BEANS /FRUIT	<b>16</b> BREAKFAST PIZZA / JUICE or FRUIT STEAK NUGGETS BROCCOLI MASHED POTATOES FRUIT VARIETY	<b>17</b> EGGS / TOAST /FRUIT BBQ PORK SANDWICH BAKED BEANS FRUIT
<b>20</b> FRENCH TOAST / JUICE or FRUIT HAMBURGER TATOR TOTS FRUIT	<b>21</b> BREAKFAST PIZZA FRESH JUICE or FRUIT CHICKEN FAJITA RICE BISCUIT FRUIT	<b>22</b> SAUSAGE LINK / TOAST / JUICE or FRUIT <b>EARLY RELEASE</b>	<b>23</b>	<b>24</b>
<b>26</b> FRUIT	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>

**ALL 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 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.

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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**

This institution is an equal opportunity provider

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PREK SCHOOL  
MAY 2019 MENU**

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# MyPlate Pledge

for

**I pledge to be a MyPlate Champion. I will choose foods from the five food groups at school and at home to keep my body and mind healthy every day. I pledge to find fun ways to be active every day. I will also encourage my friends and family to make smart food choices and be active.**

## **I pledge MyPlate! Every day I will:**

- Eat more fruits & veggies.
- Try whole grains.
- Re-think my drink.



- Focus on lean protein.
- Slow down on sweets.
- Be active my way.

