

CRISP COUNTY MIDDLE SCHOOL FEBRUARY 2019 MENU

**1 BREAKFAST and 1 LUNCH
OFFERED DAILY AT
NO CHARGE FOR ALL
STUDENTS FOR THE ENTIRE SCHOOL**
(Additional items can be purchased)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 FRENCH TOAST & SAUSAGE OR CEREAL BARS -FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> CHEESEBURGERS/ (Rotate) CORNDOG or CORNDOG or SAUSAGE DOG OR CHICKEN SANDWICH <u>LUNCH VEGETABLES ETC.</u> PICKLES,LETTUCE TOMATOES/FRENCH FRIES/BAKED BEANS FRUIT/MILK
4 BREAKFAST PIZZA OR CEREAL BARS - FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> SPAGHETTI w/ MEAT SAUCE &BREADSTICKS/ BBQ SANDWICH SALAD BAR <u>LUNCH VEGETABLES</u> <u>ETC.GEAR UP GREEN</u> BEANS/ SMART SPINACH SALAD / FRUIT/MILK	5 GRITS & EGGS OR CEREAL BARS - FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> CHICKEN FAJITA PIZZA SALAD BAR <u>LUNCH VEGETABLES</u> <u>ETC.</u> RICE/SWEET PEAS/SIDE SALAD/FRUIT/MILK	6 PANCAKE PUPS OR CEREAL BARS - FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> PORK TORTILLAS / PIZZA SALAD BAR <u>LUNCH VEGETABLES</u> CORN/ CARROTS SIDE SALAD / WHOLE FRUIT/MILK	7 SAUSAGE BISCUIT OR CEREAL BARS - FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> BEEF TIPS GRILLED HAM AND CHEESE SANDWICH SALAD BAR <u>UNCH VEGETABLES</u> <u>ETC.FIELD PEAS &</u> SNAPS/ TATOR TOTS/SIDE SALAD/FRUIT/MILK	8 CHICKEN BISCUIT OR CEREAL BARS -FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> CHEESEBURGERS/ (Rotate) CORNDOG or SAUSAGE DOG OR CHICKEN SANDWICH <u>LUNCH VEGETABLES ETC.</u> PICKLES,LETTUCE TOMATOES/FRENCH FRIES/BAKED BEANS FRUIT/MILK
11 BREAKFAST PIZZA OR CEREAL BARS - FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> CHICKEN NUGGETS/PIZZA MAC N CHEESE SALAD BAR <u>LUNCH VEGETABLES</u> ROLL/SWEET PEAS SMART SPINACH SALAD/WHOLE FRUITS/MILK	12 CHEESE GRITS & TOAST OR CEREAL BARS - FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> BRUNSWICK STEW w/ GRILLED CHEESE/ PIZZA SALAD BAR <u>LUNCH VEGETABLES</u> <u>ETC.CHEESY</u> BROCCOLI/LIMA BEANS / SIDE SALAD/WHOLE FRUITS/MILK	13 PANCAKE PUPS OR CEREAL BARS - FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> PIZZA/ CHILLI CHEESE FRIES SALAD BAR <u>LUNCH VEGETABLES</u> POWER UP SWEET POTATOES SIDE SALAD WHOLE FRUITS	14 SAUSAGE BISCUIT OR CEREAL BARS - FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> FRIED CHICKEN/ PIZZA SALAD BAR <u>UNCH VEGETABLES ETC.</u> / FRESH KALE RICE/ SIDE SALAD/ FRUIT/MILK	15 CHICKEN WAFFLE OR CEREAL BARS -FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> CHEESEBURGERS /(Rotate) CORNDOG or CORNDOG or SAUSAGE DOG OR CHICKEN SANDWICH <u>LUNCH VEGETABLES ETC.</u> PICKLES,LETTUCE TOMATOES/FRENCH FRIES/BAKED BEANS FRUIT/MILK
18 HOLIDAY NO SCHOOL	19 GRITS & EGGS OR CEREAL BARS - FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> BEEF TIPS HOTDOGS /SALAD BAR <u>LUNCH VEGETABLES</u> <u>ETC.RICE/</u> BROCCOLI/CARROTS SIDE SALAD FRUIT/MILK	20 PANCAKE PUPS OR CEREAL BARS - FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> CHILLI NACHOS SALAD BAR PIZZA <u>LUNCH VEGETABLES ETC.</u> POWER UP SWEET POTATOES/ SIDE SALAD/ PUMP ME UP PINEAPPLE/MILK	21 SAUSAGE BISCUIT OR CEREAL BARS - FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> SURFS UP FRIED FISH GRILLED CHICKEN SALAD BAR <u>LUNCH VEGETABLES</u> <u>ETC.CHEESE</u> GRITS/OKRA /COLE SLAW/SIDE SALAD/FRUIT FRUIT/MILK	22 CHICKEN BISCUIT OR CEREAL BARS -FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> CHEESEBURGERS/ (Rotate) CORNDOG or CORNDOG or SAUSAGE DOG OR CHICKEN SANDWICH <u>LUNCH VEGETABLES ETC.</u> PICKLES,LETTUCE TOMATOES/FRENCH FRIES/BAKED BEANS FRUIT/MILK
25 BREAKFAST PIZZA OR CEREAL BARS - FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> SPAGHETTI w/ MEAT SAUCE & BREAD STICKS/ BBQ SANDWICH SALAD BAR <u>LUNCH VEGETABLES</u> <u>ETC.GEAR UP GREEN</u> BEANS/ SMART SPINACH SALAD / FRUIT/MILK	26 GRITS & EGGS OR CEREAL BARS - FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> CHICKEN FAJITA PIZZA SALAD BAR <u>LUNCH VEGETABLES</u> <u>ETC.</u> RICE/SWEET PEAS/SIDE SALAD/FRUIT/MILK	27 PANCAKE PUPS OR CEREAL BARS - FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> CHILLI NACHO / PIZZA SALAD BAR <u>LUNCH VEGETABLES</u> CORN/ CARROTS SIDE SALAD / WHOLE FRUIT/MILK	28 SAUSAGE BISCUIT OR CEREAL BARS - FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> BEEF TIPS GRILLED HAM AND CHEESE SANDWICH SALAD BAR <u>UNCH VEGETABLES</u> <u>ETC.FIELD PEAS &</u> SNAPS/ TATOR TOTS/SIDE SALAD/FRUIT/MILK	1 CHICKEN BISCUIT OR CEREAL BARS -FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> CHEESEBURGERS/ (Rotate) CORNDOG or SAUSAGE DOG OR CHICKEN SANDWICH <u>LUNCH VEGETABLES ETC.</u> PICKLES,LETTUCE TOMATOES/FRENCH FRIES/BAKED BEANS FRUIT/MILK

THE FOLLOWING ITEMS ARE INCLUDED IN MEALS BUT CAN ALSO PURCHASED SEPERATELY OR IN ADDITION TO THE ONE MEAL for each of the BREAKFAST and LUNCH periods .

Sandwich-\$1.50
Entrée-\$1.50
Cereal bars - \$.50
Milk -\$.50
Fruit/Juice -\$.50
Small Side-\$.50
SWEET "T" - \$.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.mypaymentspl.us.com/welcome>

MONDAY, WENDESDAY and FRIDAY all SALADS are DARK GREEN either Romaine or Spinach

LUNCH DAILY
PEANUT BUTTER AND
JELLY SANDWICH WITH
EITHER YOGURT OR
CHEESESTICKS AS ONE
ADDITIONAL MEAL
CHOICE



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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.