

CRISP COUNTY MIDDLE SCHOOL APRIL 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 |
|---|--|--|--|--|
| <p>1</p> <p>STUDENT HOLIDAY</p> | <p>2</p> <p>CHEESE GRITS & TOAST OR CEREAL BARS - FRUIT AND/OR JUICE</p> <p>LUNCH ENTREES BRUNSWICK STEW w/ GRILLED CHEESE PIZZA SALAD BAR LUNCH VEGETABLES ETC. CHEESY BROCCOLI/LIMA BEANS / SIDE SALAD/WHOLE FRUITS/MILK</p> | <p>3</p> <p>PANCAKE PUPS OR CEREAL BARS - FRUIT AND/OR JUICE</p> <p>LUNCH ENTREES CHILLI CHEESE NACHOS PIZZA SALAD BAR</p> <p>LUNCH VEGETABLES POWER UP SWEET POTATOES / SIDE SALAD WHOLE FRUITS</p> | <p>4</p> <p>NEW SAUSAGE BISCUIT OR CEREAL BARS - F FRUIT AND/OR JUICE</p> <p>LUNCH ENTREES FRIED CHICKEN PIZZA SALAD BAR</p> <p>UNCH VEGETABLES ETC. FRESH KALE/ RICE/ SIDE SALAD/ FRUIT/MILK</p> | <p>5</p> <p>NEW CHICKEN BISCUIT OR CEREAL BARS -FRUIT AND/OR JUICE</p> <p>LUNCH ENTREES CHEESEBURGERS OR BBQ (Rotate) CORNDOG or CORNDOG or SAUSAGE DOG OR CHICKEN SANDWICH LUNCH VEGETABLES ETC. PICKLES,LETTUCE TOMATOES/FRENCH FRIES/BAKED BEANS FRUIT/MILK</p> |
| <p>8</p> <p>BREAKFAST PIZZA OR CEREAL BARS - FRUIT AND/OR JUICE</p> <p>LUNCH ENTRÉE VEGETABLE BEEF SOUP GRILLED CHEESE PIZZA SALAD BAR</p> <p>LUNCH VEGETABLES GREEN BEANS POPE SALAD FRUIT/MILK</p> | <p>9</p> <p>GRITS & EGGS OR CEREAL BARS - FRUIT AND/OR JUICE</p> <p>LUNCH ENTREES BEEF TIPS/RICE GRILLED CHICKEN SALAD BAR</p> <p>LUNCH VEGETABLES ETC. NEW BISCUIT BROCCOLI/CARROTS SIDE SALAD FRUIT/MILK</p> | <p>10</p> <p>PANCAKE PUPS OR CEREAL BARS - FRUIT AND/OR JUICE</p> <p>LUNCH ENTREES CHILLI NACHOS SALAD BAR PIZZA LUNCH VEGETABLES ETC. POWER UP SWEET POTATOES/ SIDE SALAD/ PUMP ME UP PINEAPPLE/MILK</p> | <p>11</p> <p>NEW SAUSAGE BISCUIT OR CEREAL BARS - FRUIT AND/OR JUICE</p> <p>LUNCH ENTREES SURFS UP FRIED FISH HOT DOG SALAD BAR LUNCH VEGETABLES ETC. CHEESE GRITS/OKRA /COLE SLAW/SIDE SALAD/FRUIT FRUIT/MILK</p> | <p>12</p> <p>NEW CHICKEN BISCUIT OR CEREAL BARS -FRUIT AND/OR JUICE</p> <p>LUNCH ENTREES CHEESEBURGERS OR BBQ (Rotate) CORNDOG or CORNDOG or SAUSAGE DOG OR CHICKEN SANDWICH LUNCH VEGETABLES ETC. PICKLES,LETTUCE TOMATOES/FRENCH FRIES/BAKED BEANS FRUIT/MILK</p> |
| <p>15</p> <p>BREAKFAST PIZZA OR CEREAL BARS - FRUIT AND/OR JUICE</p> <p>LUNCH ENTREES SPAGHETTI w/ MEAT SAUCE & BREAD STICKS/ BBQ SANDWICH SALAD BAR LUNCH VEGETABLES ETC. GEAR UP GREEN BEANS/ SMART SPINACH SALAD / FRUIT/MILK</p> | <p>16</p> <p>GRITS & EGGS OR CEREAL BARS - FRUIT AND/OR JUICE</p> <p>LUNCH ENTREES BEEFARONI PIZZA SALAD BAR</p> <p>LUNCH VEGETABLES ETC. NEW BISCUIT CORN/SIDE SALAD/FRUIT/MILK</p> | <p>17</p> <p>PANCAKE PUPS OR CEREAL BARS - FRUIT AND/OR JUICE</p> <p>LUNCH ENTREES CHILLI CHEESE FRIES PIZZA SALAD BAR</p> <p>LUNCH VEGETABLES CORN ON COB SIDE SALAD / WHOLE FRUIT/MILK</p> | <p>18</p> <p>NEW SAUSAGE BISCUIT OR CEREAL BARS - FRUIT AND/OR JUICE</p> <p>LUNCH ENTREES PORK W GRAVY/RICE GRILLED HAM AND CHEESE SANDWICH SALAD BAR LUNCH VEGETABLES FIELD PEAS & SNAPS/ TATOR TOTS/SIDE SALAD/FRUIT/MILK</p> | <p>19</p> <p>NEW CHICKEN BISCUIT OR CEREAL BARS -FRUIT AND/OR JUICE</p> <p>LUNCH ENTREES CHEESEBURGERS OR BBQ (Rotate) CORNDOG or SAUSAGE DOG OR CHICKEN SANDWICH LUNCH VEGETABLES ETC. PICKLES,LETTUCE TOMATOES/FRENCH FRIES/BAKED BEANS FRUIT/MILK</p> |
| <p>22</p> <p>BREAKFAST PIZZA OR CEREAL BARS - FRUIT AND/OR JUICE</p> <p>LUNCH ENTREES CHICKENNUGGETS PIZZA MAC N CHEESE SALAD BAR LUNCH VEGETABLES NEW BISCUIT/SWEET PEAS SMART SPINACH SALAD/WHOLE FRUITS/MILK</p> | <p>23</p> <p>CHEESE GRITS & TOAST OR CEREAL BARS - FRUIT AND/OR JUICE</p> <p>LUNCH ENTREES BRUNSWICK STEW w/ GRILLED CHEESE PIZZA SALAD BAR LUNCH VEGETABLES ETC. CHEESY BROCCOLI/LIMA BEANS / SIDE SALAD/WHOLE FRUITS/MILK</p> | <p>24</p> <p>PANCAKE PUPS OR CEREAL BARS - FRUIT AND/OR JUICE</p> <p>LUNCH ENTREES CHILLI CHEESE NACHOS PIZZA SALAD BAR</p> <p>LUNCH VEGETABLES POWER UP SWEET POTATOES / SIDE SALAD WHOLE FRUITS</p> | <p>25</p> <p>NEW SAUSAGE BISCUIT OR CEREAL BARS - F RUIT AND/OR JUICE</p> <p>LUNCH ENTREES FRIED CHICKEN PIZZA SALAD BAR</p> <p>UNCH VEGETABLES ETC. FRESH KALE/ RICE/ SIDE SALAD/ FRUIT/MILK</p> | <p>26</p> <p>NEW CHICKEN BISCUIT OR CEREAL BARS -FRUIT AND/OR JUICE</p> <p>LUNCH ENTREES CHEESEBURGERS OR BBQ (Rotate) CORNDOG or CORNDOG or SAUSAGE DOG OR CHICKEN SANDWICH LUNCH VEGETABLES ETC. PICKLES,LETTUCE TOMATOES/FRENCH FRIES/BAKED BEANS FRUIT/MILK</p> |
| <p>29</p> <p>BREAKFAST PIZZA OR CEREAL BARS - FRUIT AND/OR JUICE</p> <p>LUNCH ENTRÉE VEGETABLE BEEF SOUP GRILLED CHEESE PIZZA SALAD BAR</p> <p>LUNCH VEGETABLES GREEN BEANS POPE SALAD FRUIT/MILK</p> | <p>30</p> <p>GRITS & EGGS OR CEREAL BARS - FRUIT AND/OR JUICE</p> <p>LUNCH ENTREES BEEF TIPS/RICE GRILLED CHICKEN SALAD BAR</p> <p>LUNCH VEGETABLES ETC. NEW BISCUIT BROCCOLI/CARROTS SIDE SALAD FRUIT/MILK</p> | <p>1</p> <p>PANCAKE PUPS OR CEREAL BARS - FRUIT AND/OR JUICE</p> <p>LUNCH ENTREES CHILLI NACHOS SALAD BAR PIZZA LUNCH VEGETABLES ETC. POWER UP SWEET POTATOES/ SIDE SALAD/ PUMP ME UP PINEAPPLE/MILK</p> | <p>2</p> <p>NEW SAUSAGE BISCUIT OR CEREAL BARS - FRUIT AND/OR JUICE</p> <p>LUNCH ENTREES SURFS UP FRIED FISH HOT DOG SALAD BAR LUNCH VEGETABLES ETC. CHEESE GRITS/OKRA /COLE SLAW/SIDE SALAD/FRUIT FRUIT/MILK</p> | <p>3</p> <p>NEW CHICKEN BISCUIT OR CEREAL BARS -FRUIT AND/OR JUICE</p> <p>LUNCH ENTREES CHEESEBURGERS OR BBQ (Rotate) CORNDOG or CORNDOG or SAUSAGE DOG OR CHICKEN SANDWICH LUNCH VEGETABLES ETC. PICKLES,LETTUCE TOMATOES/FRENCH FRIES/BAKED BEANS FRUIT/MILK</p> |

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, TUESDAY and THURSDAY 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

CRISP COUNTY MIDDLE SCHOOL APRIL 2019 MENU

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

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