

CRISP COUNTY ELEMENTARY SCHOOL MAY 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 CHEESE TOAST JUICE or FRUIT BRUNSWICK STEW CORNBREAD BROCCOLI / FRUIT/MILK	2 BREAKFAST PIZZA / JUICE or FRUIT BAKED HAM MAC n CHEESE SWEET POTATO FRUIT/MILK	3 PANCAKES or WAFFLES JUICE or FRUIT CORNDOG CELERY STICKS W/ RANCH DIP FRUIT/MILK
6 SAUSAGE W/ WHITE BISCUIT with JELLY/ JUICE or FRUIT TACO SALAD GREEN BEANS FRUIT/MILK	7 BREAKFAST PIZZA FRESH JUICE or FRUIT HOTDOGS BAKED BEANS CORN APPLESAUCE CUP/ MILK	8 SAUSAGE LINKS W/ TOAST/ JUICE or FRUIT SPAGHETTI POPEYE SALAD NEW BISCUIT FRUIT/MILK	9 PANCAKE PUPS / JUICE or FRUIT CHICKEN FAJITA CORNBREAD RICE GREEN BEANS/SWEET PEAS/FRUIT	10 CEREAL or CEREAL BAR / TOAST / JUICE or FRUIT SLOPPY JOE LETTUCE TOMATO AND PICKLE/CARROTS FRUIT/MILK
13 BREAKFAST WAFFLES JUICE or FRUIT PORK/RICE PBJ SANDWICH BLACK BEANS & CORN FRUIT/MILK	14 SAUSAGE LINK / BLUEBERRY MUFFIN/ JUICE or FRUIT VEGETABLE BEEF SOUP W/ GRILLED CHEESE SANDWICH APPLESAUCE CUPS/ MILK	15 HAM w/WHITE BISCUIT FRESH JUICE or FRUIT CHICKEN FAJITA MASHED POTATOES GREEN BEANS FRUIT/MILK	16 PANCAKE PUP/ JUICE or FRUIT BAKED HAM CHEESY GRITS BISCUIT EARLY PEAS FRUIT/ MILK	17 BREAKFAST BARS / JUICE or FRUIT SLOPPY JOE BAKED BEANS COLE SLAW FRUIT/ MILK
20 CEREAL BAR / CHEESE TOAST JUICE or FRUIT BBQ SANDWICH/PBJ FRIES SWEET PEAS FRUIT/JUICE/MILK	21 FRENCH TOAST STICKS/ JUICE or FRUIT PIZZA SALAD CALIFORNIA BLEND FRUIT/MILK	22 SAUSAGE LINKS W/ TOAST/ JUICE or FRUIT EARLY RELEASE	23	24
27	28	29	30	31

**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 **and** choose between 2 different fruits and vegetables
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

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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

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