

# CRISP COUNTY PRIMARY SCHOOL

## DECEMBER 2018 MENU

**EVERY DAY AT LUNCH** All students can choose either the lunch main course or a PBJ (soy butter and jelly sandwich) **and** choose between 2 different fruits and vegetables

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> BREAKFAST WAFFLES JUICE or FRUIT <hr/> BBQ PORK SANDWICH FRIES APPLESAUCE CUPS	<b>4</b> SAUSAGE LINK / BLUEBERRY MUFFIN/ JUICE or FRUIT <hr/> CHICKEN W/ NOODLES BROCCOLI WHEAT ROLL/FRUIT	<b>5</b> HAM BISCUIT FRESH JUICE or FRUIT <hr/> BEEF PATTY W/ GRAVY MASHED POTATOES GREEN BEANS WHEAT ROLL/FRUIT	<b>6</b> PANCAKE PUP/ JUICE or FRUIT <hr/> CHICKEN FAJITA W/ RICE GREEN PEAS ROLLS FRUIT	<b>7</b> CEREAL BAR/ TOAST / JUICE or FRUIT <hr/> HAMBURGER SWEET POTATO FRIES APPLESAUCE CUPS
<b>10</b> CEREAL or CEREAL BAR / TOAST with JELLY/ JUICE or FRUIT <hr/> TACO SALAD CORN FRUIT	<b>11</b> FRENCH TOAST STICKS/ JUICE or FRUIT <hr/> PIZZA SALAD CALIFORNIA BLEND FRUIT	<b>12</b> CHEESE TOAST JUICE or FRUIT <hr/> CORNDOG BAKED BEANS COLE SLAW FRUIT	<b>13</b> BREAKFAST PIZZA / JUICE or FRUIT <hr/> PORK w/ GRAVY and NOODLES BROCCOLI ROLL FRUIT	<b>14</b> PANCAKES or WAFFLES JUICE or FRUIT <hr/> HAMBURGERS CELERY STICKS W/ RANCH DIP FRUIT
<b>17</b> CEREAL BAR / TOAST with JELLY/ JUICE or FRUIT <hr/> CHICKEN FAJITA W/ RICE GREEN BEANS FRUIT	<b>18</b> BREAKFAST PIZZA FRESH JUICE or FRUIT <hr/> SPAGHETTI POPEYE SALAD GARLIC TOAST FRUIT	<b>19</b> SAUSAGE LINK /TOAST / JUICE or FRUIT <hr/> EARLY RELEASE <hr/> TURKEY & CHEESE SANDWICH CARROTS APPLE COOKIE	<b>20</b> CHRISTMAS HOLIDAY <hr/> NO SCHOOL	<b>21</b> CHRISTMAS HOLIDAY <hr/> NO SCHOOL
<b>24</b> CHRISTMAS HOLIDAY <hr/> NO SCHOOL	<b>25</b> CHRISTMAS HOLIDAY <hr/> NO SCHOOL	<b>26</b> CHRISTMAS HOLIDAY <hr/> NO SCHOOL	<b>27</b> CHRISTMAS HOLIDAY <hr/> NO SCHOOL	<b>28</b> CHRISTMAS HOLIDAY <hr/> NO SCHOOL

**BREAKFAST and LUNCH**  
**SERVED FREE DAILY FOR ALL**  
**STUDENTS FOR THE ENTIRE**  
**SCHOOL YEAR**

**EVERY DAY AT LUNCH**

All students can choose either the lunch main course or a soy 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 1.50  
 ENTREES 1.50

Milk -\$.50	Fruit/Juice -\$.50
Small Side-\$.50	Large Side- \$.75
Cereal bars - \$.50	FRIES \$1.25

**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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**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.