

ALL BREAKFAST and LUNCH OFFERED DAILY AT NO CHARGE FOR ALL STUDENTS ALL YEAR-This is 1 meal per student

CRISP COUNTY HIGH SCHOOL SEPTEMBER 2021 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 CEREAL BAR FRUIT or JUICE /MILK <hr/> LUNCH ENTREES GRILLED CHICKEN SANDWICH or CHICKEN TERIYAKI or CHEF SALAD LUNCH VEGETABLES CORN SWEET POTATO FRIES FRUIT MILK	31 CHICKEN BUSCUIT FRUIT or JUICE <hr/> LUNCH ENTREES OVEN FRIED CHICKEN or MEATBALL SUB Or CHEF SALAD or PB&J SANDWICH LUNCH VEGETABLES GREEN BEANS VEGGIE JUICE FRUIT /ROLLS/MILK	1 SAUSAGE BUSCUIT FRUIT OR JUICE <hr/> LUNCH ENTREES TACO SALAD or HAM & CHEESE SUB or CHEF SALAD or PB&J SANDWICH LUNCH VEGETABLES SIDE SALAD GARBANZO BEANS FRUIT/MILK	2 WAFFLES FRUIT or JUICE <hr/> LUNCH ENTREES SAUSAGE DOG or FISH SANDWICH or CHEF SALAD PB&J SANDWICH LUNCH VEGETABLES FRIES SWEET PEAS FRUIT/MILK	3 HOLIDAY NO SCHOOL
6 HOLIDAY NO SCHOOL	7 CHICKEN BUSCUIT FRUIT or JUICE <hr/> LUNCH ENTREES CHILI CHEESE DOG or TUNA SANDWICH or CHEF SALAD or PB&J SANDWICH LUNCH VEGETABLES SIDE SALAD FRIES GREEN BEANS FRUIT MILK	8 SUSAGE BUSCUIT FRUIT or JUICE <hr/> LUNCH ENTREES STEAK NUGGETS or COMBO SUB or CHEF SALAD or PB&J SANDWICH LUNCH VEGETABLES MASHED POTATO BROCCOLI w/CHEESE ROLL FRUIT/MILK	9 WAFFLES FRUIT or JUICE <hr/> LUNCH ENTREES SOFT TACO or HAM & CHEESE SUB or FRUIT or CHEF SALAD or PB&J SANDWICH LUNCH VEGETABLES CORN/SIDE SALAD CINNAMON ROLLS FRUIT/MILK	10 MUFFIN/YOGURT FRUIT or JUICE <hr/> LUNCH ENTREES CORNDOGS or CHEF SALAD or PB&J SANDWICH LUNCH VEGETABLES SIDE SALAD SWEET POTATO FRIES SUNCHIPS FRUIT MILK
13 CEREAL BAR FRUIT or JUICE /MILK <hr/> LUNCH ENTREES BREADED CHICKEN SANDWICH or CATFISH PB&J SANDWICH LUNCH VEGETABLES SWEET POTATO FRIES SIDE SALAD FRUIT MILK	14 CHICKEN BUSCUIT FRUIT or JUICE <hr/> LUNCH ENTREES BBQ SANDWICH or CHICKEN FAJITA OVER RICE LUNCH VEGETABLES GREEN BEANS ROLLS VEGGIE JUICE FRUIT/MILK	15 SAUSAGE BUSCUIT FRUIT or JUICE <hr/> LUNCH ENTREES CHILI CHEESE FRIES or SUB SANDWICH or CHEF SALAD LUNCH VEGETABLES FRIES CELERY STICKS FRUIT MILK	16 WAFFLES FRUIT or JUICE <hr/> LUNCH ENTREES BEEF PATTY w/GRAVY or CHICKEN SALAD SANDWICH or CHEF SALAD LUNCH VEGETABLES MASHED POTATOES GREEN PEAS/ROLL SIDE SALAD/FRUIT/MILK	17 MUFFIN/YOGURT FRUIT or JUICE <hr/> LUNCH ENTREES CHILI DOG or PIZZA or PB&J SANDWICH LUNCH VEGETABLES BAKED BEANS VEGGIE STICKS CHIPS/FRUIT/MILK
20 CEREAL BAR FRUIT or JUICE /MILK <hr/> LUNCH ENTREES GRILLED CHICKEN SANDWICH or CHICKEN TERIYAKI or CHEF SALAD LUNCH VEGETABLES CORN SWEET POTATO FRIES FRUIT MILK	21 CHICKEN BUSCUIT FRUIT or JUICE <hr/> LUNCH ENTREES OVEN FRIED CHICKEN or MEATBALL SUB Or CHEF SALAD or PB&J SANDWICH LUNCH VEGETABLES GREEN BEANS RICE/GRAVY VEGGIE JUICE FRUIT /ROLLS/MILK	22 SAUSAGE BUSCUIT FRUIT OR JUICE <hr/> LUNCH ENTREES TACO SALAD or HAM & CHEESE SUB or CHEF SALAD or PB&J SANDWICH LUNCH VEGETABLES SIDE SALAD GARBANZO BEANS FRUIT/MILK	23 WAFFLES FRUIT or JUICE <hr/> LUNCH ENTREES SAUSAGE DOG or FISH SANDWICH or CHEF SALAD PB&J SANDWICH LUNCH VEGETABLES FRIES/GARBANZO BEANS SWEET PEAS FRUIT/MILK	24 MUFFIN/YOGURT FRUIT or JUICE <hr/> LUNCH ENTREES CHEESE BURGER or CHEF SALAD PB&J SANDWICH LUNCH VEGETABLES BAKED BEANS VEGGIE STICKS CHIPS FRUIT/MILK
27 CEREAL BAR FRUIT or JUICE/MILK <hr/> LUNCH ENTREES CHICKEN NUGGETS or PIZZA or BBQ SANDWICH or CHEF SALAD or PBJ SANDWICH LUNCH VEGETABLES GREEN BEANS SIDE SALAD/ROLL FRUIT/MILK	28 CHICKEN BUSCUIT FRUIT or JUICE <hr/> LUNCH ENTREES CHILI CHEESE DOG or TUNA SANDWICH or CHEF SALAD or PB&J SANDWICH LUNCH VEGETABLES SIDE SALAD FRIES GREEN BEANS FRUIT MILK	29 SUSAGE BUSCUIT FRUIT or JUICE <hr/> LUNCH ENTREES STEAK NUGGETS or COMBO SUB or CHEF SALAD or PB&J SANDWICH LUNCH VEGETABLES MASHED POTATO BROCCOLI w/CHEESE ROLL FRUIT MILK	30 WAFFLES FRUIT or JUICE <hr/> LUNCH ENTREES SOFT TACO or HAM & CHEESE SUB or FRUIT or CHEF SALAD or PB&J SANDWICH LUNCH VEGETABLES CORN/PEAS CINNAMON ROLLS FRUIT/MILK	1 MUFFIN/YOGURT FRUIT or JUICE <hr/> LUNCH ENTREES CORNDOGS or CHEF SALAD or PB&J SANDWICH LUNCH VEGETABLES SIDE SALAD SUNCHIPS FRUIT MILK

LINES 1-3 will have the hot entrée and vegetables **OR** sandwich choice and vegetables. Also check out our fresh fruit for your meals.
PIZZA on MONDAYS and FRIDAYS

Extra items below will cost these amounts:
 Gatorade 1.00
 Bottled water 1.00
 CHIPS/COOKIES \$.50-1.00
THESE ITEMS ARE INCLUDED IN MEALS BUT CAN ALSO BE BOUGHT SEPERATELY OR IN ADDITION TO THE ONE MEAL
 Sandwich/Pizza- 1.50
 Entrée-1.50(NOT SALAD)
 Milk .50
 Fruit/Juice .50
 Money must be in student's account or student must have cash at time of sale
Money can also be put in account for student at each school cafeteria or go ONLINE to put money into accounts for extra items at www.mypaymentsplus.com

OFFERED EVERY DAY ON LINE 4 are 3 MEAL CHOICES
PIZZA MEAL, as with all meals, REQUIRES 1/2 CUP FRUIT OR VEGETABLE

BREAKFAST-
 THERE IS A GRAB N GO BREAKFAST CHOICE DAILY. It has 2 Cereal Bars and a Fruit that can go in your bookbag for later. No eating in the classrooms. Take it with you if you have a club activity.



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FRUIT OF THE MONTH-APPLE

An apple is an edible fruit produced by an apple tree. Apple trees are cultivated worldwide.

- Apples are healthy, tasty, and among the most popular fruits in the world.
- Although they are not particularly rich in vitamins and minerals, they're a good source of fibers and antioxidants.
- Apples may have several benefits, including improved heart health and a lower risk of cancer and diabetes. They may also aid weight loss.
- If you want to eat healthy, apples are an excellent choice.

NUT OF THE MONTH-PEANUT

- Peanuts are packed with healthy fats and high-quality protein. They're also fairly high in calories.
- Peanuts are high in fat.
- Peanuts are a good source of protein.
- Peanuts are low in carbs.
- **Peanuts are one of the most common food allergens.**
- **People with this allergy should avoid all peanuts and peanut products.**

Healthline.com