CRISP COUNTY MIDDLE SCHOOL SEPTEMBER 2021 MENU

1 BREAKFAST and 1 LUNCH OFFERED DAILY AT NO CHARGE FOR ALL STUDENTS FOR THE ENTIRE SCHOOL

(Additional items can be purchased)

				(Additional itel
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	31	1	2	3
CEREAL BARS - FRUIT	MUFFIN/YOGURT OR	PANCAKES OR CEREAL	SAUSAGE BISCUIT OR	
AND/OR JUICE	CEREAL BARS - FRUIT	BARS - FRUIT AND/OR	CEREAL BARS - F	
,	AND/OR JUICE	JUICE	RUIT AND/OR JUICE	HOLIDAY
LUNCH ENTREES	LUNCH ENTREES	LUNCH ENTREES	LUNCH ENTREES	NO SCHOOL
CHICKEN PATTIES PIZZA	CHICKEN STRIPS W	CHILLI CHEESE NACHOS	CHICKEN FAJITA/RICE	NO SCHOOL
MAC N CHEESE	GRAVY or PIZZA	PIZZA	CORN DOG	
SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR	
LUNCULVECETABLEC	LUNCH VEGETABLES	LUNCH VEGETABLES	UNCH VEGETABLES ETC.	
LUNCH VEGETABLES BISCUIT/SWEET PEAS	ETC. CHEESY	SWEET POTATOES	GREENS	
SPINACH SALAD	BROCCOLI/LIMA BEANS SIDE SALAD FRUITS	SIDE SALAD	CORN ON COB	
FRUITS	MILK	FRUIT MILK	SIDE SALAD/ FRUIT/MILK	
MILK 6	7	8	9	10
<u> </u>	MUFFIN/YOGURT OR	PANCAKES OR CEREAL	SAUSAGE BISCUIT OR	CHICKEN BISCUIT OR
	CEREAL BARS - FRUIT	BARS - FRUIT AND/OR	CEREAL BARS - FRUIT	CEREAL BARS -FRUIT
	AND/OR JUICE	JUICE	AND/OR JUICE	AND/OR JUICE
HOLTDAY	LUNCH ENTREES	LUNCH ENTREES	LUNCH ENTREES	LUNCH ENTREES
HOLIDAY	PORK & GRAVY/RICE	CHILLI CHEESE NACHOS	CATFISH	CHEESEBURGERS OR
NO SCHOOL	GRILLED CHICKEN	PIZZA	HOT DOG	(Rotate) or CORNDOG or
	SALAD BAR	SALAD BAR	SALAD BAR	SAUSAGE DOG OR CHICKEN SANDWICH
	LUNCH VEGETABLES	LUNCH VEGETABLES ETC.	LUNCH VEGETABLES	OK CHICKLIA SHIDMICH
	BISCUIT	SWEET POTATOES/ SIDE	ETC. OKRA /COLE	LUNCH VEGETABLES ETC.
	BROCCOLI/CARROTS SIDE SALAD	SALAD/	SLAW/SIDE SALAD FRUIT	PICKLES, LETTUCE TOMATOES/FRENCH
	FRUIT/MILK	FRUIT MILK	MILK	FRIES/BAKED BEANS
	TROIT/MILK	MILK	MILK	FRUIT
				MILK
CEREAL PARK ERUIT	14	15	16	CHICKEN DISCUIT OD CED
CEREAL BARS - FRUIT AND/OR JUICE	MUFFIN/YOGURT OR CEREAL BARS - FRUIT	PANCAKES OR CEREAL BARS - FRUIT AND/OR	SAUSAGE BISCUIT OR CEREAL BARS - FRUIT	CHICKEN BISCUIT OR CER EAL BARS -FRUIT AND/OR
72, G.R. 20101	AND/OR JUICE	JUICE	AND/OR JUICE	JUICE
			l	
LUNCH ENTREES SPAGHETTI W/ MEAT	LUNCH ENTREES BREADED CHICKEN	LU NCH ENTREES CHILLI CHEESE FRIES	LUNCH ENTREES PORK W GRAVY/RICE	LUNCH ENTREES CHEESEBURGERS OR
SAUCE OR BBQ	PIZZA	PIZZA	GRILLED HAM AND	(Rotate) or SAUSAGE DOG
SANDWICH	SALAD BAR	SALAD BAR	CHEESE SANDWICH	ÒR CHIĆKEN SANDWICH
SALAD BAR	l		SALAD BAR	
LUNCH VEGETABLES	LUNCH VEGETABLES BISCUIT	LUNCH VEGETABLES CORN ON COB	UNCH VEGETABLES FIELD PEAS & SNAPS	LUNCH VEGETABLES ETC. PICKLES, LETTUCE
GREEN BEANS	CORN	SIDE SALAD	TATOR TOTS	TOMATOES/FRENCH
SPINACH SALAD	SIDE SALAD	FRUIT	SIDE SALAD	FRIES/BAKED BEANS
FRUIT MILK	FRUIT MILK	MILK	FRUIT MILK	FRUIT MILK
20	21	22	23	24
CEREAL BARS - FRUIT	MUFFIN/YOGURT OR	PANCAKES OR CEREAL	SAUSAGE BISCUIT OR	CHICKEN BISCUIT OR
AND/OR JUICE	CEREAL BARS - FRUIT	BARS - FRUIT AND/OR	CEREAL BARS - F	CEREAL BARS -FRUIT
LUNCU ENTRES	AND/OR JUICE	JUICE	RUIT AND/OR JUICE	AND/OR JUICE
LUNCH ENTREES CHICKEN PATTIES	LUNCH ENTREES	LUNCH ENTREES	LUNCH ENTREES	LUNCH ENTREES
PIZZA	CHICKEN STIPS W	CHILLI CHEESE NACHOS	CHICKEN FAJITA/RICE	CHEESEBURGERS OR
MAC N CHEESE	GRAVY OR PIZZA	PIZZA	CORN DOG	(Rotate) or CORNDOG or
SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR	SAUSAGE DOG OR CHICKEN SANDWICH
LUNCH VEGETABLES	LUNCH VEGETABLES	LUNCH VEGETABLES	UNCH VEGETABLES ETC.	CHICKLIN SANDWICH
BISCUIT/SWEET PEAS	CHEESY BROCCOLI	SWEET POTATOES	GREENS	LUNCH VEGETABLES ETC.
SPINACH SALAD FRUITS	LIMA BEANS	SIDE SALAD	CORN ON COB	PICKLES, LETTUCE
MILK	SIDE SALAD FRUITS	FRUIT MILK	SIDE SALAD FRUIT	TOMATOES/FRENCH FRIES/BAKED BEANS
	MILK		MILK	FRUIT
				MILK
CEREAL PARC FRUIT	28	29	SAUSAGE RISCUIT OR	1 CHICKEN BISCUIT OR
CEREAL BARS - FRUIT AND/OR JUICE	MUFFIN/YOGURT OR CEREAL BARS - FRUIT	PANCAKES OR CEREAL BARS - FRUIT AND/OR	SAUSAGE BISCUIT OR CEREAL BARS - FRUIT	CHICKEN BISCUIT OR CEREAL BARS -FRUIT
	AND/OR JUICE	JUICE JUICE	AND/OR JUICE	AND/OR JUICE
LUNCH ENTRÉE	1			
GRILLED CHICKEN SANDWICH	LUNCH ENTREES PORK & GRAVY/RICE	LUNCH ENTREES CHILLI CHEESE NACHOS	LUNCH ENTREES CATFISH	LUNCH ENTREES CHEESEBURGERS OR
BBQ SANDWICH	GRILLED CHICKEN	PIZZA	HOT DOG	(Rotate) or CORNDOG or
SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR	SAUSAGE DOG
LUNCH VECETARI EC	LUNCH VECETARI SC	LUNCH VECETARI EC ETC	LUNCH VEGETARI EG	OR CHICKEN SANDWICH
LUNCH VEGETABLES GREEN BEANS	LUNCH VEGETABLES BISCUIT	LUNCH VEGETABLES ETC. SWEET POTATOES	LUNCH VEGETABLES OKRA	LUNCH VEGETABLES ETC.
COLE SLAW	BROCCOLI/CARROTS	SIDE SALAD/	COLE SLAW	PICKLES, LETTUCE
POPE SALAD	SIDE SALAD	FRUIT	SIDE SALAD	TOMATOES/FRENCH
FRUIT	FRUIT	MILK	FRUIT	FRIES/BAKED BEANS
FRUIT				
MILK	MILK		MILK	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 www.mypaymentsplus.com

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

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1 BREAKFAST and 1 LUNCH OFFERED DAILY AT NO CHARGE FOR ALL STUDENTS FOR THE ENTIRE SCHOOL

(Additional items can be purchased)

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 <u>several benefits</u>, 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 <u>low in carbs</u>.
- Peanuts are one of the most common food allergens.
- People with this allergy should avoid all peanuts and peanut products.

Healthline.com