

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)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>30</p> <p>CEREAL BARS - FRUIT AND/OR JUICE</p> <p>LUNCH ENTREES CHICKEN PATTIES PIZZA MAC N CHEESE SALAD BAR</p> <p>LUNCH VEGETABLES BISCUIT/SWEET PEAS SPINACH SALAD FRUITS MILK</p>	<p>31</p> <p>MUFFIN/YOGURT OR CEREAL BARS - FRUIT AND/OR JUICE</p> <p>LUNCH ENTREES CHICKEN STRIPS W GRAVY or PIZZA SALAD BAR</p> <p>LUNCH VEGETABLES ETC. CHEESY BROCCOLI/LIMA BEANS SIDE SALAD FRUITS MILK</p>	<p>1</p> <p>PANCAKES OR CEREAL BARS - FRUIT AND/OR JUICE</p> <p>LUNCH ENTREES CHILLI CHEESE NACHOS PIZZA SALAD BAR</p> <p>LUNCH VEGETABLES SWEET POTATOES SIDE SALAD FRUIT MILK</p>	<p>2</p> <p>SAUSAGE BISCUIT OR CEREAL BARS - FRUIT AND/OR JUICE</p> <p>LUNCH ENTREES CHICKEN FAJITA/RICE CORN DOG SALAD BAR</p> <p>UNCH VEGETABLES ETC. GREENS CORN ON COB SIDE SALAD/ FRUIT/MILK</p>	<p>3</p> <p>HOLIDAY NO SCHOOL</p>
<p>6</p> <p>HOLIDAY NO SCHOOL</p>	<p>7</p> <p>MUFFIN/YOGURT OR CEREAL BARS - FRUIT AND/OR JUICE</p> <p>LUNCH ENTREES PORK & GRAVY/RICE GRILLED CHICKEN SALAD BAR</p> <p>LUNCH VEGETABLES BISCUIT BROCCOLI/CARROTS SIDE SALAD FRUIT/MILK</p>	<p>8</p> <p>PANCAKES OR CEREAL BARS - FRUIT AND/OR JUICE</p> <p>LUNCH ENTREES CHILLI CHEESE NACHOS PIZZA SALAD BAR</p> <p>LUNCH VEGETABLES ETC. SWEET POTATOES/ SIDE SALAD/ FRUIT MILK</p>	<p>9</p> <p>SAUSAGE BISCUIT OR CEREAL BARS - FRUIT AND/OR JUICE</p> <p>LUNCH ENTREES CATFISH HOT DOG SALAD BAR</p> <p>LUNCH VEGETABLES ETC. OKRA /COLE SLAW/SIDE SALAD FRUIT MILK</p>	<p>10</p> <p>CHICKEN BISCUIT OR CEREAL BARS -FRUIT AND/OR JUICE</p> <p>LUNCH ENTREES CHEESEBURGERS OR (Rotate) or CORNDOG or SAUSAGE DOG OR CHICKEN SANDWICH</p> <p>LUNCH VEGETABLES ETC. PICKLES, LETTUCE TOMATOES/FRENCH FRIES/BAKED BEANS FRUIT MILK</p>
<p>13</p> <p>CEREAL BARS - FRUIT AND/OR JUICE</p> <p>LUNCH ENTREES SPAGHETTI w/ MEAT SAUCE OR BBQ SANDWICH SALAD BAR</p> <p>LUNCH VEGETABLES GREEN BEANS SPINACH SALAD FRUIT MILK</p>	<p>14</p> <p>MUFFIN/YOGURT OR CEREAL BARS - FRUIT AND/OR JUICE</p> <p>LUNCH ENTREES BREADED CHICKEN PIZZA SALAD BAR</p> <p>LUNCH VEGETABLES BISCUIT CORN SIDE SALAD FRUIT MILK</p>	<p>15</p> <p>PANCAKES 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 FRUIT MILK</p>	<p>16</p> <p>SAUSAGE BISCUIT OR CEREAL BARS - FRUIT AND/OR JUICE</p> <p>LUNCH ENTREES PORK W GRAVY/RICE GRILLED HAM AND CHEESE SANDWICH SALAD BAR</p> <p>UNCH VEGETABLES FIELD PEAS & SNAPS TATOR TOTS SIDE SALAD FRUIT MILK</p>	<p>17</p> <p>CHICKEN BISCUIT OR CEREAL BARS -FRUIT AND/OR JUICE</p> <p>LUNCH ENTREES CHEESEBURGERS OR (Rotate) or SAUSAGE DOG OR CHICKEN SANDWICH</p> <p>LUNCH VEGETABLES ETC. PICKLES, LETTUCE TOMATOES/FRENCH FRIES/BAKED BEANS FRUIT MILK</p>
<p>20</p> <p>CEREAL BARS - FRUIT AND/OR JUICE</p> <p>LUNCH ENTREES CHICKEN PATTIES PIZZA MAC N CHEESE SALAD BAR</p> <p>LUNCH VEGETABLES BISCUIT/SWEET PEAS SPINACH SALAD FRUITS MILK</p>	<p>21</p> <p>MUFFIN/YOGURT OR CEREAL BARS - FRUIT AND/OR JUICE</p> <p>LUNCH ENTREES CHICKEN STRIPS W GRAVY OR PIZZA SALAD BAR</p> <p>LUNCH VEGETABLES CHEESY BROCCOLI LIMA BEANS SIDE SALAD FRUITS MILK</p>	<p>22</p> <p>PANCAKES OR CEREAL BARS - FRUIT AND/OR JUICE</p> <p>LUNCH ENTREES CHILLI CHEESE NACHOS PIZZA SALAD BAR</p> <p>LUNCH VEGETABLES SWEET POTATOES SIDE SALAD FRUIT MILK</p>	<p>23</p> <p>SAUSAGE BISCUIT OR CEREAL BARS - FRUIT AND/OR JUICE</p> <p>LUNCH ENTREES CHICKEN FAJITA/RICE CORN DOG SALAD BAR</p> <p>UNCH VEGETABLES ETC. GREENS CORN ON COB SIDE SALAD FRUIT MILK</p>	<p>24</p> <p>CHICKEN BISCUIT OR CEREAL BARS -FRUIT AND/OR JUICE</p> <p>LUNCH ENTREES CHEESEBURGERS OR (Rotate) or CORNDOG or SAUSAGE DOG OR CHICKEN SANDWICH</p> <p>LUNCH VEGETABLES ETC. PICKLES, LETTUCE TOMATOES/FRENCH FRIES/BAKED BEANS FRUIT MILK</p>
<p>27</p> <p>CEREAL BARS - FRUIT AND/OR JUICE</p> <p>LUNCH ENTRÉE GRILLED CHICKEN SANDWICH BBQ SANDWICH SALAD BAR</p> <p>LUNCH VEGETABLES GREEN BEANS COLE SLAW POPE SALAD FRUIT MILK</p>	<p>28</p> <p>MUFFIN/YOGURT OR CEREAL BARS - FRUIT AND/OR JUICE</p> <p>LUNCH ENTREES PORK & GRAVY/RICE GRILLED CHICKEN SALAD BAR</p> <p>LUNCH VEGETABLES BISCUIT BROCCOLI/CARROTS SIDE SALAD FRUIT MILK</p>	<p>29</p> <p>PANCAKES OR CEREAL BARS - FRUIT AND/OR JUICE</p> <p>LUNCH ENTREES CHILLI CHEESE NACHOS PIZZA SALAD BAR</p> <p>LUNCH VEGETABLES ETC. SWEET POTATOES SIDE SALAD/ FRUIT MILK</p>	<p>30</p> <p>SAUSAGE BISCUIT OR CEREAL BARS - FRUIT AND/OR JUICE</p> <p>LUNCH ENTREES CATFISH HOT DOG SALAD BAR</p> <p>LUNCH VEGETABLES OKRA COLE SLAW SIDE SALAD FRUIT MILK</p>	<p>1</p> <p>CHICKEN BISCUIT OR CEREAL BARS -FRUIT AND/OR JUICE</p> <p>LUNCH ENTREES CHEESEBURGERS OR (Rotate) or CORNDOG or SAUSAGE DOG OR CHICKEN SANDWICH</p> <p>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 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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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