

CRISP COUNTY ELEMENTARY SCHOOL SEPTEMBER 2021 MENU

EVERYDAY 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
30 BREAKFAST WAFFLES JUICE or FRUIT <hr/> CHICKEN NUGGETS MASHED POTATOES SWEET PEAS FRUIT MILK	31 SAUSAGE LINK/ MUFFIN JUICE or FRUIT <hr/> CHILLI w/BEANS & CHIPS SIDE SALAD FRUIT MILK	1 HAM w/WHITE BISCUIT JUICE or FRUIT <hr/> CHICKEN FAJITA RICE GREEN BEANS FRUIT MILK	2 PANCAKE PUP JUICE or FRUIT <hr/> BAKED HAM CHEES GRITS/BISCUIT EARLY PEAS FRUIT MILK	3 HOLIDAY NO SCHOOL
6 HOLIDAY NO SCHOOL	7 FRENCH TOAST STICKS/ JUICE or FRUIT <hr/> PIZZA SALAD CALIFORNIA BLEND FRUIT MILK	8 GRITS/CHEESE TOAST JUICE or FRUIT <hr/> BEEFARONI CORN ON THE COB BROCCOLI FRUIT MILK	9 BREAKFAST PIZZA / JUICE or FRUIT <hr/> OVEN FRIED CHICKEN MAC n CHEESE SWEET POTATO FRUIT MILK	10 PANCAKES/SAUSAGE JUICE or FRUIT <hr/> CORNDOG/FRIES CELERY STICKS W/ RANCH DIP FRUIT MILK
13 CHICKEN BISCUIT with JELLY/ JUICE or FRUIT <hr/> TACO SALAD GREEN BEANS CARROTS FRUIT MILK	14 BREAKFAST PIZZA JUICE or FRUIT <hr/> HOTDOGS BAKED BEANS FRIES APPLESAUCE CUP MILK	15 SAUSAGE LINKS W/ TOAST/ JUICE or FRUIT <hr/> SPAGHETTI POPEYE SALAD KIDNEY BEANS BISCUIT FRUIT/MILK	16 PANCAKE PUPS / JUICE or FRUIT <hr/> CHICKEN FAJITA/RICE CORNBREAD GREEN BEANS FRUIT MILK	17 CEREAL or CEREAL BAR / TOAST / JUICE or FRUIT <hr/> CHEESE BURGER LETTUCE/TOMATO PICKLE/CARROTS FRUIT MILK
20 BREAKFAST WAFFLES JUICE or FRUIT <hr/> CHICKEN NUGGETS PBJ SANDWICH MASHEDPOTATOES SWEETPEAS FRUIT/MILK	21 SAUSAGE LINK / BLUEBERRY MUFFIN/ JUICE or FRUIT CHILLI w/BEANS w/ CRACKERS SIDE SALAD FRUIT/ MILK	22 HAM w/WHITE BISCUIT FRESH JUICE or FRUIT <hr/> CHICKEN FAJITA RICE GREEN BEANS FRUIT/MILK	23 PANCAKE PUP/ JUICE or FRUIT <hr/> GRILLED CHICKEN SANDWICH/CARROTS GARBANZO BEANS FRUIT/ MILK	24 BREAKFAST BARS / JUICE or FRUIT <hr/> SLOPPY JOE BAKED BEANS COLE SLAW FRUIT/ MILK
27 CEREAL BAR / CHEESE TOAST JUICE or FRUIT <hr/> CHICKEN NOODLE SWEET PEAS CARROTS/ROLL FRUIT MILK	28 FRENCH TOAST STICKS/ JUICE or FRUIT <hr/> PIZZA SALAD CALIFORNIA BLEND FRUIT MILK	29 GRITS/CHEESE TOAST JUICE or FRUIT <hr/> BEEFARONI CORN ON THE COB BROCCOLI FRUIT MILK	30 BREAKFAST PIZZA / JUICE or FRUIT <hr/> OVEN FRIED CHICKEN MAC n CHEESE SWEET POTATO FRUIT MILK	1 PANCAKES/SAUSAGE JUICE or FRUIT <hr/> CORNDOG/FRIES CELERY STICKS W/ RANCH DIP FRUIT MILK

**ALL BREAKFAST and LUNCH
SERVED AT NO CHARGE DAILY FOR
ALL STUDENTS FOR THE ENTIRE
SCHOOL YEAR**

LUNCH

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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

Fruit/Juice -\$.50

Small Side-\$.50

Large Side- \$.75

Cereal bars - \$.50

Cookies/Chips - \$.50

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

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

This institution is an equal opportunity provider

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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.**

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Healthline.com

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