

CRISP COUNTY PRIMARY SCHOOL

SEPTEMBER 2021 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
30 WAFFLES JUICE or FRUIT TACO SALAD CORN FRUIT MILK	31 BLUEBERRY MUFFIN JUICE or FRUIT CORN DOG BAKED BEANS COLE SLAW FRUIT MILK	1 CHICKEN BISCUIT JUICE or FRUIT BEEF PATTY W/ GRAVY RICE/GREEN BEANS FRUIT MILK	2 PANCAKE PUP JUICE or FRUIT CHICKEN NUGGETS MASHED POTATOES GREEN PEAS FRUIT MILK	3 HOLIDAY NO SCHOOL
6 HOLIDAY NO SCHOOL	7 FRENCH TOAST STICKS JUICE or FRUIT BBQ SANDWICH CORN FRUIT VARIETY MILK	8 APPLE STRUDEL FRUIT SPAGHETTI BROCCOLI COLE SLAW FRUIT MILK	9 BREAKFAST PIZZA JUICE or FRUIT CHICKEN FAJITA/ RICE GREEN PEAS FRUIT MILK	10 PANCAKES or WAFFLES JUICE or FRUIT HAMBURGERS FRIES FRUIT MILK
13 CEREAL BAR / TOAST with JELLY JUICE or FRUIT HAM AND CHEESE SANDWICH GREEN PEAS/CARROTS FRUIT MILK	14 BREAKFAST PIZZA FRESH JUICE or FRUIT HOTDOGS BAKED BEANS COLE SLAW FRUIT MILK	15 SAUSAGE BISCUIT JUICE or FRUIT OVEN FRIED CHICKEN BROCCOLI FRUIT MILK	16 PANCAKE PUPS JUICE or FRUIT BBQ SANDWICH CORN FRUIT VARIETY MILK	77 CEREAL or CEREAL BAR / TOAST JUICE or FRUIT CHEESEBURGERS FRIES CARROTS FRUIT MILK
20 CEREAL or CEREAL BAR JUICE or FRUIT PIZZA SALAD CALIFORNIA BLEND FRUIT MILK	21 FRENCH TOAST STICKS/ JUICE or FRUIT BBQ SANDWICH CORN FRUIT VARIETY MILK	22 APPLE STRUDEL FRUIT SPAGHETTI BROCCOLI COLE SLAW FRUIT MILK	23 BREAKFAST PIZZA JUICE or FRUIT CHICKEN FAJITA/RICE GREEN PEAS FRUIT MILK	24 PANCAKES or WAFFLES JUICE or FRUIT HAMBURGERS FRIES FRUIT MILK
27 WAFFLES JUICE or FRUIT TACO SALAD CORN FRUIT JUICE MILK	28 BLUEBERRY MUFFIN JUICE or FRUIT CORN DOG BAKED BEANS COLE SLAW FRUIT MILK	29 CHICKEN BISCUIT JUICE or FRUIT BEEF PATTY W/ GRAVY RICE/GREEN BEANS FRUIT MILK	30 PANCAKE PUP JUICE or FRUIT CHICKEN NUGGETS MASHED POTATOES GREEN PEAS FRUIT MILK	1 SAUSAGE/BISCUIT JUICE or FRUIT SLOPPY JOE SWEET POTATO FRIES FRUIT MILK

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

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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

This institution is an equal opportunity provider

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