

CRISP COUNTY PREK SCHOOL SEPTEMBER 2021 MENU

EVERY DAY AT LUNCH All students can choose either the lunch main course or a peanut butter and jelly sandwich (or other sandwich choice). MILK IS SERVED FOR EVERY MEAL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 PANCAKES JUICE or FRUIT <hr/> SLOPPY JOE FRIES MILK	31 SAUSAGE BISCUIT JUICE or FRUIT <hr/> PIZZA CORN FRUIT MILK	1 CHEESE TOAST JUICE or FRUIT <hr/> STEAK NUGGETS MASHED POTATOES BROCCOLI FRUIT/MILK	2 CHICKEN BISCUIT JUICE or FRUIT <hr/> BEEFARONI GREEN BEANS FRUIT MILK	3 NO SCHOOL HOLIDAY
6 NO SCHOOL HOLIDAY	7 BREAKFAST PIZZA FRUIT or JUICE <hr/> CORNDOG BAKED BEANS FRUIT MILK	8 WAFFLE FRUIT or FRUIT <hr/> TACO SALAD GREEN BEANS FRUIT MILK	9 BLUEBERRY MUFFIN JUICE or FRUIT <hr/> BEEF PATTY W/ GRAVY RICE FRUIT MILK	10 PANCAKES FRUIT <hr/> CHICKEN SANDWICH FRIES FRUIT MILK
13 FRENCH TOAST JUICE or FRUIT <hr/> CHICKEN NUGGETS MASHED POTATOES BROCCOLI FRUIT MILK	14 SAUSAGE LINK / TOAS JUICE or FRUIT <hr/> HAMBURGERS VEGETABLE CHOICE APPLESAUCE CUPS MILK	15 PANCAKES FRUIT <hr/> SPAGHETTI SWEET PEAS GARLIC TOAST FRUIT MILK	16 PANCAKE PUP JUICE or FRUIT <hr/> CHICKEN FAJITA RICE/GREEN BEANS FRUIT MILK	17 SAUSAGE BISCUIT JUICE or FRUIT <hr/> HOT DOGS TATOR TOTS FRUIT MILK
20 PANCAKES JUICE or FRUIT <hr/> SLOPPY JOE FRIES MILK	21 SAUSAGE BISCUIT JUICE or FRUIT <hr/> PIZZA CORN FRUIT MILK	22 CHEESE TOAST JUICE or FRUIT <hr/> STEAK NUGGETS MASHED POTATOES BROCCOLI FRUIT MILK	23 CHICKEN BISCUIT JUICE or FRUIT <hr/> BEEFARONI GREEN BEANS FRUIT MILK	24 BREAKFAST PIZZA FRUIT <hr/> BBQ PORK SANDWICH BAKED BEANS FRUIT MILK
27 CHICKEN BISCUIT JUICE or FRUIT <hr/> HAMBURGER TATOR TOTS FRUIT MILK	28 BREAKFAST PIZZA FRUIT or JUICE <hr/> CORNDOG BAKED BEANS FRUIT MILK	29 WAFFLE/ JUICE FRUIT <hr/> TACO SALAD GREEN BEANS FRUIT MILK	30 BLUEBERRY MUFFIN JUICE or FRUIT <hr/> BEEF PATTY W/ GRAVY RICE FRUIT MILK	1 PANCAKES FRUIT <hr/> CHICKEN SANDWICH FRIES FRUIT MILK

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

EVERY DAY AT LUNCH

All students can choose either the lunch main course or a peanut butter and jelly sandwich.

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 .

SANDWICHES or ENTRÉE- 1.50
 Milk -\$.50 Fruit/Juice -\$.50
 Small Side-\$.50 Large Side- \$.75
 Cereal bars - \$.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.**

Healthline.com

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