

# CRISP COUNTY MIDDLE SCHOOL AUGUST 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
				30 CHICKEN BISCUIT OR CEREAL BARS - FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> PIZZA PEANUT BUTTER & JELLY SANDWICH <u>LUNCH VEGETABLES ETC.</u> CORN/WATERMELON/ MILK
2 CEREAL BARS - FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> SPAGHETTI w/ MEAT SAUCE OR BBQ SANDWICH <u>LUNCH VEGETABLES</u> GREEN BEANS SPINACH FRUIT/MILK	3 MUFFIN/YOGURT OR CEREAL BARS - FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> BREADED CHICKEN PIZZA <u>LUNCH VEGETABLES</u> BISCUIT CORN/SIDESALAD FRUIT/MILK	4 PANCAKES OR CEREAL BARS - FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> CHILLI CHEESE FRIES PIZZA SALAD BAR <u>LUNCH VEGETABLES</u> CORN ON COB SIDE SALAD / WHOLE FRUIT/MILK	5 SAUSAGE BISCUIT OR CEREAL BARS - FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> PORK W GRAVY/RICE GRILLED HAM AND CHEESE SANDWICH <u>LUNCH VEGETABLES</u> FIELD PEAS & SNAPS/ TATOR TOTS/SIDE SALAD/FRUIT/MILK	6 CHICKEN BISCUIT OR CEREAL BARS - FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> CHEESEBURGERS OR (Rotate) CORNDOG or SAUSAGE DOG OR CHICKEN SANDWICH <u>LUNCH VEGETABLES ETC.</u> PICKLES,LETTUCE TOMATOES/FRENCH FRIES/BAKED BEANS FRUIT/MILK
9 CEREAL BARS - FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> CHICKEN PATTIES PIZZA MAC N CHEESE SALAD BAR <u>LUNCH VEGETABLES</u> BISCUIT/SWEET PEAS SPINACH SALAD FRUITS/MILK	10 MUFFIN/YOGURT OR CEREAL BARS - FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> CHICKEN STIPS W GRAVY OR PIZZA SALAD BAR <u>LUNCH VEGETABLES</u> CHEESYBROCCOLI LIMA BEANS / SIDE SALAD/WHOLE FRUITS/MILK	11 PANCAKES OR CEREAL BARS - FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> CHILLI CHEESE NACHOS PIZZA SALAD BAR <u>LUNCH VEGETABLES</u> SWEET POTATOES SIDE SALAD WHOLE FRUITS	12 SAUSAGE BISCUIT OR CEREAL BARS - FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> CHICKEN FAJITA/RICE CORN DOG SALAD BAR <u>LUNCH VEGETABLES ETC.</u> GREENS CORN ON COB SIDE SALAD/ FRUIT/MILK	13 CHICKEN BISCUIT OR CEREAL BARS - FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> CHEESEBURGERS OR (Rotate) or CORNDOG or SAUSAGE DOG OR CHICKEN SANDWICH <u>LUNCH VEGETABLES ETC.</u> PICKLES,LETTUCE TOMATOES/FRENCH FRIES/BAKED BEANS FRUIT/MILK
16 CEREAL BARS - FRUIT AND/OR JUICE <u>LUNCH ENTRÉE</u> FISH SANDWICH BBQ SANDWICH SALAD BAR <u>LUNCH VEGETABLES</u> GREEN BEANS COLE SLAW POPE SALAD FRUIT/MILK	17 MUFFIN/YOGURT OR CEREAL BARS - FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> PORK & GRAVY/RICE GRILLED CHICKEN SALAD BAR <u>LUNCH VEGETABLES</u> BISCUIT BROCCOLI/CARROTS SIDE SALAD FRUIT/MILK	18 PANCAKES OR CEREAL BARS - FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> CHILLI CHEESE NACHOS PIZZA SALAD BAR <u>LUNCH VEGETABLES ETC.</u> SWEET POTATOES/ SIDE SALAD/ FRUIT /MILK	19 SAUSAGE BISCUIT OR CEREAL BARS - FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> CHICKEN FAJITA/RICE HOT DOG SALAD BAR <u>LUNCH VEGETABLES ETC.</u> OKRA /COLE SLAW/SIDE SALAD/FRUIT FRUIT/MILK	20 CHICKEN BISCUIT OR CEREAL BARS - FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> CHEESEBURGERS OR (Rotate) or CORNDOG or SAUSAGE DOG OR CHICKEN SANDWICH <u>LUNCH VEGETABLES ETC.</u> PICKLES,LETTUCE TOMATOES/FRENCH FRIES/BAKED BEANS FRUIT/MILK
23 CEREAL BARS - FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> SPAGHETTI w/ MEAT SAUCE OR BBQ SANDWICH SALAD BAR <u>LUNCH VEGETABLES</u> GREEN BEANS SPINACH SALAD FRUIT/MILK	24 MUFFIN/YOGURT OR CEREAL BARS - FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> BREADED CHICKEN PIZZA SALAD BAR <u>LUNCH VEGETABLES</u> BISCUIT CORN/SIDE SALAD/FRUIT/MILK	25 PANCAKES OR CEREAL BARS - FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> CHILLI CHEESE FRIES PIZZA SALAD BAR <u>LUNCH VEGETABLES</u> CORN ON COB SIDE SALAD FRUIT/MILK	26 SAUSAGE BISCUIT OR CEREAL BARS - FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> PORK W GRAVY/RICE GRILLED HAM AND CHEESE SANDWICH SALAD BAR <u>LUNCH VEGETABLES</u> FIELD PEAS & SNAPS/ TATOR TOTS/SIDE SALAD/FRUIT/MILK	27 CHICKEN BISCUIT OR CEREAL BARS - FRUIT AND/OR JUICE <u>LUNCH ENTREES</u> CHEESEBURGERS OR (Rotate) or SAUSAGE DOG OR CHICKEN SANDWICH <u>LUNCH VEGETABLES ETC.</u> PICKLES,LETTUCE TOMATOES/FRENCH FRIES/BAKED BEANS 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 <https://www2.mypaymentsplus.com/welcome>

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

**Continued on back(2<sup>nd</sup> page)**

# CRISP COUNTY MIDDLE SCHOOL AUGUST 2021 MENU

**1 BREAKFAST and 1 LUNCH  
OFFERED DAILY AT  
NO CHARGE FOR ALL  
STUDENTS FOR THE ENTIRE SCHOOL**  
(Additional items can be purchased)

<p><b>30</b> CEREAL BARS - FRUIT AND/OR JUICE</p> <p><u>LUNCH ENTREES</u> CHICKEN PATTIES PIZZA MAC N CHEESE SALAD BAR</p> <p><u>LUNCH VEGETABLES</u> BISCUIT/SWEET PEAS SPINACH SALAD FRUITS/MILK</p>	<p><b>31</b> MUFFIN/YOGURT OR CEREAL BARS - FRUIT AND/OR JUICE</p> <p><u>LUNCH ENTREES</u> CHICKEN STRIPS W GRAVY or PIZZA SALAD BAR</p> <p><u>LUNCH VEGETABLES ETC. CHEESY</u> BROCCOLI/LIMA BEANS SIDE SALAD FRUITS/MILK</p>	<p><b>1</b> PANCAKES OR CEREAL BARS - FRUIT AND/OR JUICE</p> <p><u>LUNCH ENTREES</u> CHILLI CHEESE NACHOS PIZZA SALAD BAR</p> <p><u>LUNCH VEGETABLES</u> SWEET POTATOES SIDE SALAD WHOLE FRUITS</p>	<p><b>2</b> SAUSAGE BISCUIT OR CEREAL BARS - FRUIT AND/OR JUICE</p> <p><u>LUNCH ENTREES</u> CHICKEN FAJITA/RICE CORN DOG SALAD BAR</p> <p><u>LUNCH VEGETABLES ETC.</u> GREENS CORN ON COB SIDE SALAD/ FRUIT/MILK</p>	<p><b>3</b></p> <p><b>HOLIDAY NO SCHOOL</b></p>
--	--	---	--	---

## WELCOME BACK TO SCHOOL LET'S HAVE A GREAT YEAR

### Nutrition Tip:

August is Family Meals Month!

Family meals around the table provide an opportunity to spend time together.

Make time for family meals when planning your household's schedule each week.

Try to cook, eat up, and clean up together!

Reference: USDA My Plate