

**ALL BREAKFAST and LUNCH OFFERED DAILY AT NO CHARGE FOR ALL STUDENTS ALL YEAR-This is 1 meal per student**

# CRISP COUNTY HIGH SCHOOL JANUARY 2019 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>7</b> PANCAKE PUPS / FRUIT or JUICE <hr/> <b>LUNCH ENTREES</b> CHICKEN FAJITA or SAUSAGE DOG or CHEESE PIZZA or SALAD <hr/> <b>LUNCH VEGETABLES</b> CORN SIDE SALAD FRUIT	<b>8</b> HAM CROISSANT FRUIT or JUICE <hr/> <b>LUNCH ENTREES</b> BEEF TIP over RICE or GRILLED CHICKEN SANDWICH or SALAD <hr/> <b>LUNCH VEGETABLES</b> SWEET PEAS/S/SANDWICH FIXINGS FRUIT	<b>9</b> CEREAL/ CHEESE TOAST /FRUIT or JUICE <hr/> <b>LUNCH ENTREES</b> CHICKEN & DUMPLINGS and CORNBREAD or TURKEY & CHEESE SUB or SALAD <hr/> <b>LUNCH VEGETABLES</b> FRIED OKRA/ GREEN PEAS/ SANDWICH FIXINGS FRUIT	<b>10</b> BREAKFAST PIZZA /FRUIT or JUICE <hr/> <b>LUNCH ENTREES</b> CHILLI CHEESE FRIES or CHILLI HOTDOG or SALAD <hr/> <b>LUNCH VEGETABLES</b> BAKED BEANS /BROCCOLI /FRUIT	<b>11</b> PANCAKES & HAM/FRUIT or JUICE <hr/> <b>LUNCH ENTREES</b> HAMBURGER MANAGER CHOICE PIZZA CHEF SALAD <hr/> <b>LUNCH VEGETABLES</b> FRIES / SANDWICH FIXINGS CORN/FRUIT
<b>14</b> FRENCH TOAST STICKS/ FRUIT or JUICE <hr/> <b>LUNCH ENTREES</b> TERIYAKI CHICKEN w/ RICE and ROLL or MEATBALL SUB or SALAD <hr/> <b>LUNCH VEGETABLES</b> SWEET PEAS and STEAMED CARROTS/ CARROT & CELERY STICKS w/ RANCH/FRUIT	<b>15</b> MUFFIN and SAUSAGE / FRUIT or JUICE <hr/> <b>LUNCH ENTREES</b> VEGETABLE SOUP W/ GRILLED CHEESE SANDWICH or COMBO SUB or SALAD <hr/> <b>LUNCH VEGETABLES</b> SANDWICH FIXINGS/SIDE SALAD/ SWEET POTATO FRIES/ APPLES	<b>16</b> CHICKEN BISCUIT / FRUIT or JUICE <hr/> <b>LUNCH ENTREES</b> SHEPPARD PIE/ GARLIC BREAD or BREADED CHICKEN SANDWICH or SALAD <hr/> <b>LUNCH VEGETABLES</b> GREEN BEANS/CARROTS SIDE SALAD FRUIT	<b>17</b> BREAKFAST PIZZA/ FRUIT or JUICE <hr/> <b>LUNCH ENTREES</b> HAMBURGER STEAK W/ GRAVY OR SANDWICH WRAP or SALAD <hr/> <b>LUNCH VEGETABLES</b> LIMA BEANS/ MASHED POTATOES/ROLLS FRUIT	<b>18</b> WAFFLES & HAM / FRUIT or JUICE <hr/> <b>LUNCH ENTREES</b> CORNDOGS/ MANAGER CHOICE PIZZA <hr/> <b>LUNCH VEGETABLES</b> /LETTUCE & TOMATO BAKED BEANS / CORN/SANDWICH FIXINGS FRUIT  TASTE TEST- BBQ PORK POTATOES
<b>21</b> HOLIDAY NO SCHOOL	<b>22</b> MUFFIN & SAUSAGE/ FRUIT or JUICE <hr/> <b>LUNCH ENTREES</b> TACO SALAD or CORNDOGS or SALAD <hr/> <b>LUNCH VEGETABLES</b> CALIOFRNIA BLEND VEGETABLES/ CORN/ SIDE SALAD/GRAPEFRUIT/ MANGO APPLESAUCE	<b>23</b> SAUSAGE & TOAST/ FRUIT <hr/> <b>LUNCH ENTREES</b> FRIED CATFISH W/ GRITS & CORNBREAD or CORNDOGS or SALAD <hr/> <b>LUNCH VEGETABLES</b> FRESH COLLARD GREENS/ PEACHES/ ORANGES	<b>24</b> BREAKFAST PIZZA/ FRUIT or JUICE <hr/> <b>LUNCH ENTREES</b> CHICKEN WRAP or COMBO SANDWICH or SALAD <hr/> <b>LUNCH VEGETABLES</b> BAKED SWEET POTATOES CHUNKS/ GREEN BEANS/SANDWICH FIXINGS/ PINEAPPLE/ APPLES	<b>25</b> CHEESE EGGS & TOAST/FRUIT or JUICE <hr/> <b>LUNCH ENTREES</b> CHEESEBURGERS or CHEF SALAD <hr/> <b>LUNCH VEGETABLES</b> CELERY and CARROT SITCKS/ SANDWICH FIXINGS FRUIT
<b>28</b> PANCAKE PUPS / FRUIT or JUICE <hr/> <b>LUNCH ENTREES</b> CHICKEN FAJITA or SAUSAGE DOG or CHEESE PIZZA or SALAD <hr/> <b>LUNCH VEGETABLES</b> CORN SIDE SALAD FRUIT	<b>29</b> HAM CROISSANT FRUIT or JUICE <hr/> <b>LUNCH ENTREES</b> BEEF TIP over RICE or GRILLED CHICKEN SANDWICH or SALAD <hr/> <b>LUNCH VEGETABLES</b> SWEET PEAS/S/SANDWICH FIXINGS FRUIT	<b>30</b> CEREAL/ CHEESE TOAST /FRUIT or JUICE <hr/> <b>LUNCH ENTREES</b> CHICKEN & DUMPLINGS and CORNBREAD or TURKEY & CHEESE SUB or SALAD <hr/> <b>LUNCH VEGETABLES</b> FRIED OKRA/ GREEN PEAS/ SANDWICH FIXINGS FRUIT	<b>31</b> BREAKFAST PIZZA /FRUIT or JUICE <hr/> <b>LUNCH ENTREES</b> CHILLI CHEESE FRIES or CHILLI HOTDOG or SALAD <hr/> <b>LUNCH VEGETABLES</b> BAKED BEANS /BROCCOLI /FRUIT	<b>1</b> PANCAKES & HAM/FRUIT or JUICE <hr/> <b>LUNCH ENTREES</b> HAMBURGER MANAGER CHOICE PIZZA CHEF SALAD <hr/> <b>LUNCH VEGETABLES</b> FRIES / SANDWICH FIXINGS CORN/FRUIT

**LINES 1-3** will have the hot entrée and vegetables **OR** sandwich choice and vegetables. Also check out our fresh fruit for your meals. PIZZA on MONDAYS and FRIDAYS

**Extra items below will cost these amounts:**  
 Gatorade 1.00  
 Bottled water 1.00  
 CHIPS/COOKIES \$.50-1.00  
**THESE ITEMS ARE INCLUDED IN MEALS BUT CAN ALSO BE BOUGHT SEPERATELY OR IN ADDITION TO THE ONE MEAL**  
 Sandwich/Pizza- 1.50  
 Entrée-1.50(NOT SALAD)  
 Milk .50  
 Fruit/Juice .50  
 Money must be in student's account or student must have cash at time of sale  
 Money can also be put in account for student at each school cafeteria or go ONLINE to put money into accounts for extra items at <https://www2.mypaymentsplus.com/welcome>  
**OFFERED EVERY DAY ON LINE 4 are 3 MEAL CHOICES**

PIZZA MEAL, as with all meals, **REQUIRES ½ CUP FRUIT OR VEGETABLE**

## **BREAKFAST-**

THERE IS A GRAB N GO BREAKFAST CHOICE DAILY. It has 2 Cereal Bars and a Fruit that can go in your bookbag for later. No eating in the classrooms. Take it with you if you have a club activity.



# CRISP COUNTY HIGH SCHOOL JANUARY 2019 MENU

## NEWS and TIPS for Exercising

### Plan Ahead

**If you're traveling**, planning ahead can make all the difference. Take some time to figure out what your options are so you're ready for anything. Just a few ideas:

- Search for [walking, running or park trails nearby](#)
- Look up information about the hotel you're staying at and find out if they have an exercise room
- If you're staying with family, ask if they have any fitness equipment
- If that's not an option, [find any nearby gyms](#) and ask if they let guests use their facility
- Talk to your family in advance and suggest taking a walk or doing something active together
- [Plan simple workouts](#) that don't require much space or equipment. If you're traveling or have visitors, you may be able to sneak in a workout in the basement without bothering anyone.
- If you have time to get in a workout, plan for the worst-case scenario. That may be staying in grandma's basement with no equipment and only 10 or 15 minutes to yourself.
- Bring [resistance bands](#). They travel well and you can use them for quick strength exercises whenever you catch a few minutes.
- If you have a laptop, bring along a workout DVD or try streaming workouts online.
- If guests are staying with you, move your equipment (weights or bands) into your bedroom so you can sneak in some exercise at night or in the morning.
- Wear your running or walking shoes as much as you can. You may find a 20-minute window when people are napping or before dinner for a quick walk or run.
- Walk as much as possible. Take extra laps at the mall, use the stairs or volunteer to walk the dog.
- If you're hanging out with kids, set up a game of football, tag or hide and seek.
- Offer to help with the housework, shoveling snow or raking leaves.
- Something is always better than nothing.