

# CRISP COUNTY MIDDLE SCHOOL JANUARY 2019 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
<b>7</b> BREAKFAST PIZZA OR CEREAL BARS - FRUIT AND/OR JUICE  <b>LUNCH ENTREES</b> PORK VEGETABLE SOUP DINAMITE DELI SANDWICH/SALAD BAR <b>LUNCH VEGETABLES</b> SWEET PEAS SMART SPINACH SALAD/FRESH FRUIT/MILK	<b>8</b> PANCAKES & SAUSAGE OR CEREAL BARS - FRUIT AND/OR JUICE  <b>LUNCH ENTREES</b> BEEF TIPS TOUCHDOWN TURKEY WRAP/SALAD BAR  <b>LUNCH VEGETABLES</b> ETC. RICE/ BROCCOLI/CARROTS SIDE SALAD FRUIT/MILK	<b>9</b> PANCAKE PUPS OR CEREAL BARS - FRUIT AND/OR JUICE  <b>LUNCH ENTREES</b> SHREDDED PORK OVER NOODLES SALAD BAR PIZZA <b>LUNCH VEGETABLES ETC.</b> POWER UP SWEET POTATOES/ SIDE SALAD/ PUMP ME UP PINEAPPLE/MILK	<b>10</b> SAUSAGE BISCUIT OR CEREAL BARS - FRUIT AND/OR JUICE  <b>LUNCH ENTREES</b> SURFS UP FRIED FISH GRILLED CHICKEN/ SALAD BAR <b>LUNCH VEGETABLES ETC.</b> CHEESE GRITS/OKRA /COLE SLAW/SIDE SALAD/FRUIT FRUIT/MILK	<b>11</b> FRENCH TOAST & SAUSAGE OR CEREAL BARS -FRUIT AND/OR JUICE  <b>LUNCH ENTREES</b> CHEESEBURGERS/ (Rotate) CORNDOG or CORNDOG or SAUSAGE DOG OR CHICKEN SANDWICH <b>LUNCH VEGETABLES ETC.</b> PICKLES,LETTUCE TOMATOES/FRENCH FRIES/BAKED BEANS FRUIT/MILK
<b>14</b> BREAKFAST PIZZA OR CEREAL BARS - FRUIT AND/OR JUICE  <b>LUNCH ENTREES</b> SPAGHETTI w/ MEAT SAUCE & ITALIAN BREAD/ BBQ SANDWICH SALAD BAR <b>LUNCH VEGETABLES</b> ETC. GEAR UP GREEN BEANS/ SMART SPINACH SALAD / FRUIT/MILK	<b>15</b> GRITS & EGGS OR CEREAL BARS - FRUIT AND/OR JUICE  <b>LUNCH ENTREES</b> CHICKEN FAJITA PIZZA SALAD BAR <b>LUNCH VEGETABLES</b> ETC. RICE/SWEET PEAS/SIDE SALAD/FRUIT/MILK	<b>16</b> PANCAKE PUPS OR CEREAL BARS - FRUIT AND/OR JUICE  <b>LUNCH ENTREES</b> PORK TORTILLAS / PIZZA SALAD BAR <b>LUNCH VEGETABLES</b> CORN/ CARROTS SIDE SALAD / WHOLE FRUIT/MILK	<b>17</b> SAUSAGE BISCUIT OR CEREAL BARS - FRUIT AND/OR JUICE  <b>LUNCH ENTREES</b> BEEF TIPS HAM AND CHEESE SANDWICH SALAD BAR <b>UNCH VEGETABLES ETC.</b> FIELD PEAS & SNAPS/ TATOR TOTS/SIDE SALAD/FRUIT/MILK	<b>18</b> CHICKEN BISCUIT OR CEREAL BARS -FRUIT AND/OR JUICE  <b>LUNCH ENTREES</b> CHEESEBURGERS/ (Rotate) CORNDOG or SAUSAGE DOG OR CHICKEN SANDWICH <b>LUNCH VEGETABLES ETC.</b> PICKLES,LETTUCE TOMATOES/FRENCH FRIES/BAKED BEANS FRUIT/MILK
<b>21</b> HOLIDAY NO SCHOOL	<b>22</b> CHEESE GRITS & TOAST OR CEREAL BARS - FRUIT AND/OR JUICE  <b>LUNCH ENTREES</b> BRUNSWICK STEW w/ GRILLED CHEESE/ TURKEY & CHEESE SANDWICH SALAD BAR <b>LUNCH VEGETABLES</b> ETC. CHEESY BROCCOLI/LIMA BEANS / SIDE SALAD/WHOLE FRUITS/MILK	<b>23</b> PANCAKE PUPS OR CEREAL BARS - FRUIT AND/OR JUICE  <b>LUNCH ENTREES</b> PIZZA/ CHILLI NACHOS SALAD BAR  <b>LUNCH VEGETABLES</b> POWER UP SWEET POTATOES SIDE SALAD WHOLE FRUITS	<b>24</b> SAUSAGE BISCUIT OR CEREAL BARS - FRUIT AND/OR JUICE  <b>LUNCH ENTREES</b> FRIED CHICKEN/ PIZZA SALAD BAR  <b>UNCH VEGETABLES</b> ETC. / FRESH KALE RICE/ SIDE SALAD/ FRUIT/MILK	<b>25</b> CHICKEN WAFFLE OR CEREAL BARS -FRUIT AND/OR JUICE  <b>LUNCH ENTREES</b> CHEESEBURGERS / (Rotate) CORNDOG or CORNDOG or SAUSAGE DOG OR CHICKEN SANDWICH <b>LUNCH VEGETABLES ETC.</b> PICKLES,LETTUCE TOMATOES/FRENCH FRIES/BAKED BEANS FRUIT/MILK
<b>28</b> BREAKFAST PIZZA OR CEREAL BARS - FRUIT AND/OR JUICE  <b>LUNCH ENTREES</b> PORK VEGETABLE SOUP DINAMITE DELI SANDWICH/SALAD BAR <b>LUNCH VEGETABLES</b> SWEET PEAS SMART SPINACH SALAD/FRESH FRUIT/MILK	<b>29</b> GRITS & EGGS OR CEREAL BARS - FRUIT AND/OR JUICE  <b>LUNCH ENTREES</b> BEEF TIPS TOUCHDOWN TURKEY WRAP/SALAD BAR  <b>LUNCH VEGETABLES</b> ETC. RICE/ BROCCOLI/CARROTS SIDE SALAD FRUIT/MILK	<b>30</b> PANCAKE PUPS OR CEREAL BARS - FRUIT AND/OR JUICE  <b>LUNCH ENTREES</b> SHREDDED PORK OVER NOODLES SALAD BAR PIZZA <b>LUNCH VEGETABLES ETC.</b> POWER UP SWEET POTATOES/ SIDE SALAD/ PUMP ME UP PINEAPPLE/MILK	<b>31</b> SAUSAGE BISCUIT OR CEREAL BARS - FRUIT AND/OR JUICE  <b>LUNCH ENTREES</b> SURFS UP FRIED FISH GRILLED CHICKEN SALAD BAR <b>LUNCH VEGETABLES</b> ETC. CHEESE GRITS/OKRA /COLE SLAW/SIDE SALAD/FRUIT FRUIT/MILK	<b>1</b> CHICKEN BISCUIT OR CEREAL BARS -FRUIT AND/OR JUICE  <b>LUNCH ENTREES</b> CHEESEBURGERS/ (Rotate) CORNDOG or CORNDOG or SAUSAGE DOG OR CHICKEN SANDWICH <b>LUNCH VEGETABLES ETC.</b> 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.mypaymentspl.us.com/welcome>

MONDAY, WENDESDAY and FRIDAY 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



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## 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.