

April 2018

Crenshaw County Public Schools

BREAKFAST & LUNCH



Daily: Fat Free & 1% Flavored Milk Choices
Whole Grain on all menus
100% Fruit Juice @ Breakfast
Choice of Fresh Fruit @ Lunch

This institution is an equal opportunity provider.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

BREAKFAST 2
Mini Pancakes, Sausage Patty, Fruit, Syrup
LUNCH
Hamburger Steak, Biscuit, Broccoli, Rice, Gravy, Vanilla Pudding, Fruit

BREAKFAST 9
Mini Waffles, Syrup, & Fruit
LUNCH
Spaghetti, String Cheese, WG Bread, Green Beans, Fruited Jello

BREAKFAST 16
French Toast Bites, Fruit
LUNCH
Steak Nuggets, WG Croissant, Fruit, Potato Rounds, Blackeye Peas, Ketchup, Chocolate Pudding

BREAKFAST 23
Choice of Cereal, Sausage Links, Fruit
LUNCH
Stuffed Crust Pizza, Fruit, Spinach & Broccoli Salad, Potato Rounds, Cookies, Dressing

BREAKFAST 30
Yogurt Parfait, Granola, String Cheese, Fruit
LUNCH
Breaded Steak, WG Croissant, Fruit, Mashed Potatoes, Gravy, Blackeye Peas, Chocolate Pudding

Tuesday

BREAKFAST 3
Biscuit & Sausage Gravy, Fruit
LUNCH
Vegetable Soup w/ Chicken, Crackers, PB&J Sandwich, Fruit, Hot Sauce

BREAKFAST 10
Breakfast Pizza & Fruit
LUNCH
Turkey, Rice, Gravy, Croissant WG, Manager's Choice Fruit, Green Beans, Candied Yams

BREAKFAST 17
Ham, Scrambled Eggs, Grits, WG Toast, Cheese, Yogurt, Fruit
LUNCH
Taco Salad w/ Meat, Cheese, Tomato, Lettuce, Onion, Sour Cream, Jalapenos, Salsa & Chips,

BREAKFAST 24
Cheese Omelet, Bacon, Pop Tart
LUNCH
Spaghetti, String Cheese, WG Bread, Green Beans, Fruited Jello



Wednesday

BREAKFAST 4
Yogurt Parfait, Granola, String Cheese, Fruit
LUNCH
Taco Salad w/ Meat, Cheese, Tomato, Lettuce, Onion, Jalapenos, Salsa & Chips, Sour Cream, WK Corn

BREAKFAST 11
Ch. of Cereal, Sausage Links, Applesauce
LUNCH
Chicken Noodle Soup, Grilled Cheese, Crackers, Tomato & Broccoli Salad, Dressing, Hash Brown, Hot Sauce

BREAKFAST 18
Choice of Muffin, WG Toast w/Cheese, Fruit
LUNCH
Baked Pork Chop, Cornbread, Turnips, Sweet Potato Casserole, Fruit, Cookies

BREAKFAST 25
Cinnamon Roll, WG & Fruit
LUNCH
Chicken Alfredo, WG Croissant, Steamed Broccoli, Fruit, Chocolate Pudding, Spinach & Broccoli Salad, Dressing



Thursday

BREAKFAST 5
Choice of Cereal, Sausage Links, Fruit
LUNCH
Stuffed Crust Pizza, Fruit, Spinach & Broccoli Salad, Potato Rounds, Cookies, Dressing

BREAKFAST 12
Cheese Omelet, Bacon, Pop Tart
LUNCH
Fish Nuggets, Hushpuppies, Fruit, Baked Potato, Coleslaw, Chocolate Pudding, Tarter Sauce, Sour Cream, Pepper

BREAKFAST 19
Breakfast Strudel, Yogurt, Applesauce
LUNCH
Corndog, PB&J Sandwich, Sunchips, Baked Beans, Fruit Fluff, Ketchup, Mustard

BREAKFAST 26
Breakfast Pizza & Fruit
LUNCH
Chicken Nuggets, WG Bread, Blackeye Peas, Brown Rice, Gravy, Ketchup, Fruited Jello, Choice of Sauces



Friday

BREAKFAST 6
Breakfast Pizza & Fruit
LUNCH
Ham & Cheese Sandwich, Fruit Juice, Cheetos, Rice Krispie, String Cheese, Lettuce, Tomato, Baby Carrots, Ranch Onion, Mayo, Mustard, Ketchup

BREAKFAST 13
Sausage Biscuit, Cereal & Fruit
LUNCH
Hot Dog or Chili Dog, Baked Beans, Doritos, Sauerkraut, Onion, Baby Carrots, Ranch

HOLIDAY 20

BREAKFAST 27
Ham Biscuit, Fruit, Cereal
LUNCH
Cheeseburger or Jalapeno Burger, Fruit, Lettuce, Tomato, Pickles, Green Bell Pepper, Cheetos, Baked Beans, Cookies