

February 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

Mini Waffles, Fruit

5

LUNCH

Corndog, Fruit, Potato Rounds, Baby Carrots, Ranch, Mustard, Ketchup

Tuesday



The PayPAMS Mobile App is now available for Android and iPhone.

BREAKFAST

Bkfst Pizza, Fruit

6

LUNCH

Turkey, Rice, Gravy, Croissant WG, Manager's Choice Fruit, Green Beans, Candied Yams

Wednesday

BREAKFAST

Choice of Cereal, Sausage

7

Links, Applesauce

LUNCH

Hot Wings or Chicken Nuggets, WG Roll, Fruit, Steamed Broccoli, Mashed Potatoes, Gravy

Thursday

BREAKFAST

Choice of Cereal, Sausage

1

Links, Applesauce

LUNCH

Cheeseburger or Jalapeno Burger w/ fixings, Fruit, Cheetos, Baked Beans, Cookies

BREAKFAST

Colby Cheese Omelet, Pop

8

Tart WG, Fruit

LUNCH

Chicken Noodle Soup, Yogurt, Mozzarella String Cheese, Crackers, Fruit, Grapes & Broccoli, Ranch, Cookies, Hot Sauce

Friday

BREAKFAST

Breakfast Pizza, Fruit

2

LUNCH

Spaghetti w/meat sauce, String Cheese Stix, WG Sliced Bread, Green Beans, Fruited Jello

BREAKFAST

Sausage Biscuit, Choice of

9

Cereal, Fresh Fruit

LUNCH

Hot Dog or Chili Dog, Fruit, Baked Beans, Doritos, Sauerkraut, Onion, Carrots, Ranch, Ketchup, Mustard, Mayo

BREAKFAST

French Toast Bites, Fruit

12

LUNCH

Chicken Spaghetti, Mozzarella Cheese, WG Bread, Frozen Fruit Cup, Green Beans, Fruit Roll-up, Baby Carrots, Ranch Dressing

BREAKFAST

Scrambled Eggs, Ham, Grits, WG Toast,

13

Cheese, Yogurt, Fruit

LUNCH

Taco Soup, Cheddar Cheese, Crackers, Doritos, Fruit, Grape Tomatoes, Ranch, Sour Cream

BREAKFAST

Choice of Muffin, Cheese

14

Toast WG, Fruit

LUNCH

Cheeseburger or Jalapeno Burger w/ fixings, Fruit, Cheetos, Baked Beans, Cookies

BREAKFAST

Choice of Strudel, Yogurt,

15

Applesauce

LUNCH

Popcorn Chicken, Turnips, Mashed Potatoes, Gravy, Fruited Jello, Hot Sauce

BREAKFAST

HOLIDAY

16

HOLIDAY

HOLIDAY

19

BREAKFAST

Choice of Cereal, Sausage

20

Links, Applesauce

LUNCH

Chili, Shredded Cheese, Crackers, Cornbread, Manager's Choice Fruit, Sour Cream, Hot Sauce

BREAKFAST

Colby Cheese Omelet, Pop

21

Tart WG, Fruit

LUNCH

Loaded BBQ Pork Baked Potato, Bun, Sour Cream, Cheese, Butter, Fruited Jello, Coleslaw

BREAKFAST

Cinnamon Roll WG, Fruit

22

LUNCH

Taco Salad w/ meat, cheese, tomato, lettuce, onion, salsa, & chips, WK Corn, sour cream

BREAKFAST

Breakfast Pizza, Pineapple

23

LUNCH

Pizza, Stuffed Crust, Spinach Salad w/dressing, Cookies, Potato Rounds

National School Breakfast Week
& Read Across America Celebration Feb. 26 - Mar. 2
(See March Menu.)

