

**BREAKFAST  
&  
LUNCH**

**MAY 2018**

Crenshaw County Public Schools

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.

**Monday**



**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**BREAKFAST** 7  
Mini Waffles, Syrup, Fruit  
**LUNCH**  
Chicken Alfredo, Canned Carrots, Steamed Broccoli, Croissant, Fruit, Chocolate Pudding

**BREAKFAST** 8  
Cereal, Sausage Links, Applesauce  
**LUNCH**  
Hot Wings or Chicken Nuggets, WG Roll, Fruit, Salad w/dressing, Green Beans

**BREAKFAST** 9  
Colby Cheese Omelet, Bacon, Pop Tart, Fruit  
**LUNCH**  
Spaghetti w/ meat sauce, Cheese, WG Bread, Fruit, Green Beans, Fruited Jello

**BREAKFAST** 10  
Sausage Biscuit, Cereal, Fruit  
**LUNCH**  
Hamburger Steak, Biscuit, Fruit, Steamed Broccoli, Brown Rice, Gravy, Vanilla Pudding

**BREAKFAST** 11  
Breakfast Pizza, Fruit  
**LUNCH**  
Ham & Cheese Sandwich, Fruit Juice, Cheetos, Rice Krispy, String Cheese, Lettuce, Tomato, Baby Carrots, Ranch Onion,

**BREAKFAST** 14  
French Toast, Syrup, Fruit  
**LUNCH**  
Popcorn Chicken, WG Break, Fruit, Green Beans, Mashed Potatoes, Gravy, Dipping Sauce

**BREAKFAST** 15  
Ham, Scrambled Eggs, Grits, WG Toast, Cheese, Yogurt, Fruit  
**LUNCH** Taco Salad w/ Meat, Cheese, Tomato, Lettuce, Onion, Jalapenos, Salsa & Chips, Sour Cream, WK Corn

**BREAKFAST** 16  
Choice of Muffin, Cheese Toast WG, Fruit  
**LUNCH**  
Mini Pancakes, Sausage, Colby Cheese Omelet, Potato Rounds, Baby Carrots, Fruit, Juice, Syrup

**BREAKFAST** 17  
Breakfast Strudel, Yogurt, Applesauce  
**LUNCH** Stuffed Crust Pizza, Fruit, Spinach & Broccoli Salad, Dressing, Potato Rounds, Cookies

**BREAKFAST** 18  
Breakfast Pizza, Fruit  
**LUNCH**  
Corn dog, PB&J Sandwich WG, Fruit, Chips, Baked Beans, Fruit Fluff, Ketchup, Mustard

**BREAKFAST** 21  
Cereal, Sausage, Applesauce  
**LUNCH**  
Chicken Nuggets, WG Bread, Fruit, Blackeye Peas, Brown Rice, Gravy, Fruited Jello, Ketchup, Dipping Sauce

**BREAKFAST** 22  
Colby Cheese Omelet, Bacon, Pop Tart, Fruit  
**LUNCH**  
Hamburger Steak, Mashed Potatoes, Gravy, Biscuit, Steamed Broccoli, Pudding

**BREAKFAST** 23  
Cinnamon Roll WG, Fruit  
**LUNCH**  
Stuffed Crust Pizza, Salad, Dressing, Potato Rounds, Cookies, Dressing

**BREAKFAST** 24  
Breakfast Pizza, Fruit  
**LUNCH**  
Cheeseburger or Jalapeno Burger, Fruit, Lettuce, Tomato, Pickles, Green Bell Pepper, Cheetos, Baked Beans, Cookies

25

28

29

30

31

**Enjoy your summer!**



**Fitness Tip:** MyPlate recommends:

- Children need at least 60 minutes of physical activity every day.
- Be active together as a family.
- Physical activity should be fun and offer variety.