

North Crawford School District September 2016 Menu



Monday Sept 5

NO SCHOOL

Tuesday Sept 6

Breakfast:
Breakfast Sandwich
High School-
Grab n go

Lunch:
Walking Taco
Spanish Rice
Pinto Beans
Apple Slices

Wednesday Sept 7

Breakfast:
Pancake & Sausage on
Stick with Hashbrown
High School-
Grab n go

Lunch:
BBQ Hamburger Sliders
Tater Tots
Green Beans
Fresh Fruit

Thursday Sept 8

Breakfast:
Cereal or French Toast
stick & Yogurt Cup
High School-
Grab n go

Lunch:
Roast w/ Rice & Gravy
Garlic Bread
Mashed Potatoes
Roasted Carrots
Peach Cobbler

Thursday Sept 1

Breakfast:
Cereal or Yogurt Cup &
Ubr Breakfast Round
High School-
Grab n go

Lunch:
BBQ Chicken Sandwich
Chips
Baked Beans
Applesauce Cup

Friday Sept 2

Breakfast:
Scrambled Eggs and
Hashbrown
High School-
Grab n go

Lunch:
Deli Sandwich made
your way
Triangle Potato
Roasted Veggies
Cookie

Friday Sept 9

Breakfast:
Biscuits and Gravy
High School-
Grab n go

Lunch:
Stuffed Crust Pizza
Breadstick
Corn Cobette
Side Salad
Mixed Fruit

The USDA is an
equal opportunity
provider and
employer



Sept breakfast cost:
Elementary/HS- \$22.00
Per Meal- \$1.10
Sept Lunch costs:
MS/HS - \$55.00 (\$2.75)
Elementary - \$49.00 (\$2.45)
Extra Milk - \$0.30
Adult Breakfast - \$1.60
Adult Lunch - \$3.55

**We encourage you to
monitor your child's lunch
account online to keep your
balance current**

For tips on a healthier lifestyle visit
<http://www.choosemyplate.gov>
There you can find info on recipes,
physical activity, food portions, food
safety, food waste, and links to
other sites that help your healthier
lifestyle become a part of your
everyday routine.



INFUSE YOUR WATER –HEALTHY HYDRATION!

- Lemon Basil/ Mint – add lemon slices and whole basil leaves to a pitcher and cool before enjoying.
- Green Apple and Cucumber – thinly slice green apple and cucumber and add to water for a sweet crisp flavor.
- Strawberry Mango/Lemon – add strawberries and mango slices to water to make a tropical cooler that will have you feeling sand between your toes and the sun on your skin!
- Cucumber Lemon Cilantro/Mint – cucumber, lemon, and cilantro make a tangy and refreshing combination.
- Raspberries and Lemon – It's sophisticated lemonade! Infuse for a sweet and sour combo.
- Grapefruit and Basil/ Orange – perfect for those who prefer more sour than sweet! Add in some blackberries to make it look even cooler.
- Raspberry and rosemary/ Blueberry/Mint – this refreshing combo boasts vitamin C goodness and tastes even better when you add lemon!
- Strawberry Mint Lime/Raspberry – add in cucumbers to give this infusion a little more earthiness and to complement the mint!
- Blueberry Lavender – this is perfect for a quiet evening at home, when you want to relax (lavender has been shown to have a calming effect on nerves!). Use only fresh lavender flowers. I also grow sage in my garden, which produces a beautiful purple flower that's edible; it gives a color boost to my vegetable garden. Add it to this drink for more intense color and a unique flavor that goes with a savory meal.
- Coconut Water (Fresh or pasteurized) – Strawberry Banana Peach- crack open a coconut (or have it done for you) or twist the cap to coconut water and blend with ice, frozen strawberries, bananas, and peaches for a flavorful ice-cold smoothie!

Monday Sept 12

Breakfast:
Cereal or Yogurt and Granola
High School-Grab n go

Lunch:
BBQ Pork Tenderloin
Baked Beans
Potato Salad
Dinner Roll
Strawberries

Tuesday Sept 13

Breakfast:
Breakfast Pizza and Hashbrown
High School-Grab n go

Lunch:
Asian Chicken with Steamed Rice
Stir Fried Veggies
Fortune Cookie
Mandarin Oranges

Wednesday Sept 14

Breakfast:
Sweet bread
High School-Grab n go

Lunch:
Thai Chicken Wrap
Quinoa
Green Beans
Coleslaw
Banana
Cupcake

Thursday Sept 15

Breakfast:
Mini Cinnamon Cream Cheese Bagels
High School-Grab n go

Lunch:
Cheesy Chicken Spaghetti
Asparagus
Dinner Roll
Applesauce

Friday Sept 16

Breakfast:
Muffin and yogurt
High School-Grab n go

Lunch:
Homemade Pizza
Breadstick
Broccoli and Cheese
Apple

Mondat Sept 19

Breakfast:
Breakfast Burrito
High School-Grab n go

Lunch:
Chicken Teriyaki or Tuna Wrap
Cauliflower and Cheese
Chips
Apple

Tuesday Sept 20

Breakfast:
Cereal or Cereal Bar
High School-Grab n go

Lunch:
Hamburger
Seansoned Potato wedges
Banana
Fresh Veggies

Wednesday Sept 21

Breakfast:
Scrambled Eggs & Biscuit
High School-Grab n go

Lunch:
Chicken Lime Tacos
Spanish Rice
Refried Beans
Grapes

Thursday Sept 22

Breakfast:
Muffin and Yogurt
High School-Grab n go

Lunch:
Hot Ham and Cheese Sandwich
Potato Wedges
Corn Cobette
Mixed Fruit

Friday Sept 23

Breakfast:
Pancake Sausage Stick
High School-Grab n go

Lunch:
Club Sandwich
Chips
Roasted Broccoli
Orange Wedges
Cookie



Monday Sept 26

NO SCHOOL

Tuesday Sept 27

Breakfast:
Peanut Butter Oatmeal Bar and Yogurt
High School-Grab n go

Lunch:
Chicken Enchilada
Mexican Rice
Fiesta Beans
Churro
Apple

Wednesday Sept 28

Breakfast:
French Toast Sticks and Hashbrown
High School-Grab n go

Lunch:
Beefy Mac n Cheese
Green Beans
Dinner Roll
Strawberries
Pumpkin Bar

NC Varsity Football Schedule:
(7:00 Start Unless Noted)

Sept. 2 @ Weston
Sept. 9 Kickapoo/La Farge
Sept. 16 @ De Soto
Sept. 23 Wonewoc-Center
Oct. 1 @ Ithaca 1:30
Oct. 7 Wauzeka/Steuben -Seneca
Oct. 16 @ Riverdale

2016 North Crawford JV Football Schedule
ALL GAMES START @ 5:00

Sept. 6 @ Wonewoc-Center
Sept. 12 @ Kickapoo/La Farge
Sept. 19 River Ridge
Sept. 26 @ De Soto
Oct. 10 @ Wauzeka/Steuben-Seneca -

- Being physically active can help you:**
- Increase your chances of living longer
 - Feel better about yourself
 - Decrease your chances of becoming depressed
 - Sleep well at night
 - Move around more easily
 - Have stronger muscles and bones
 - Stay at or get to a healthy weight
 - Be with friends or meet new people
 - Enjoy yourself and have fun

Thursday Sept 29

Breakfast:
Sausage and Cheese Biscuit
High School-Grab n go

Lunch:
Nachos
Refried Beans
Cucumber Tomato Salad
Cantaloupe

Friday Sept 30

Breakfast:
Cereal or Cereal bar
High School-Grab n go

Lunch:
Hot Dog and Chili
Cheesy Tater Tots
Roasted Broccoli
Apple Slices

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