

LUNCH

April 2017

Crestwood School

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

✿ Tuesday

✿ Wednesday

✿ Thursday

✿ Friday

ALL MENU ITEMS ARE SUBJECT TO CHANGE

Three Daily Entrée Choices: Hot Entrée, Soy Butter & Jelly Sandwich or Salad/ Wrap - Choose One

Included Daily: Fresh Fruit, Fresh Vegetable & Fat Free Milk

Lunch Prices: Reduced \$0.40 Paid \$2.75 Adult \$3.75

Lunch Times: K 10:50, 1st 11:30, 2nd 11:35, 3rd 10:55, 4th 11:40, 5th 11:00 Jr.High 12:10

Breakfast Sausage Pizza
Or Cereal & Side **3**

Beefy Cheesy Nachos (275 calories)

Turkey & Cheese Wrap
Refried Beans, Fresh Cauliflower
Fresh Apple, Slushie
Milk

Bagel w/ Cream Cheese
Or Cereal & Side **4**

Turkey & Noodles (220 calories)

Greek Chicken Salad w/ Breadstick
Mashed Potatoes, Baby Carrots
Fresh Grapes, Pears
Milk

Biscuit & Gravy
Or Cereal & Side **5**

General Tso's Chicken (265 cal) w/ Rice

Ham & Cheese Wrap
Fresh Cucumber, Steamed Broccoli
Peach ½, Fresh Apple
Milk

Cinnamon Roll
Or Cereal & Side **6**

Chicken Tender Wrap (240 calories)

Chef Salad w/ Breadstick
French Fries, Lettuce & Tomato
Fresh Kiwi, Mandarin Oranges
Milk

Pancake Wrapped Sausage
Or Cereal & Side **7**

Fish Sticks (270 cal) w/ Macaroni & Cheese

Roast Beef & Cheese Wrap
Green Peas, Cole Slaw
Fresh Banana, Fruit Cocktail
Milk

10

SPRING BREAK
NO SCHOOL

11

SPRING BREAK
NO SCHOOL

12

SPRING BREAK
NO SCHOOL

13

SPRING BREAK
NO SCHOOL

14

SPRING BREAK
NO SCHOOL

Ham, Egg & Cheese English Muffin
Or Cereal & Side **17**

Cheese Quesadilla (260 calories)

Turkey & Cheese Wrap
Refried Beans, Fresh Broccoli
Slushie, Fresh Apple
Milk

Mini Pancakes w/ Syrup
Or Cereal & Side **18**

Grilled Cheese (190 calories) w/ Soup

Chicken Caesar Salad w/ Breadstick
Tomato Soup, Baby Carrots
Fresh Grapes, Pear ½
Milk

Biscuit & Gravy
Or Cereal & Side **19**

Turkey Tetrazzini (360 cal) w/ Garlic Bread

Ham & Cheese Wrap
Fresh Cucumber, Sliced Carrots
Applesauce, Fresh Oranges
Milk

Bacon Breakfast Pizza
Or Cereal & Side **20**

French Toast Sticks (300 cal) w/ Sausage

Crispy Chicken Asian Salad w/ Breadstick
Hash Brown, Celery Sticks
Peach ½, Fresh Apple
Milk

Sausage Biscuit Sandwich
Or Cereal & Side **21**

Cheese Pizza (270 calories)

Roast Beef & Cheese Wrap
Romaine Lettuce, Sweet Fries
Fresh Banana, Fruit Cocktail
Milk

Breakfast Sausage Pizza
Or Cereal & Side **24**

Salisbury Steak (260 calories)

Turkey & Cheese Wrap
Mashed Potatoes, Fresh Broccoli
Slushie, Fresh Apple
Milk

Bagel w/ Cream Cheese
Or Cereal & Side **25**

Hot Dog on Bun (230 calories)

Greek Chicken Salad w/ Breadstick
Tater Tots, Cole Slaw
Pear ½, Fresh Grapes
Milk

Biscuit & Gravy
Or Cereal & Side **26**

Cheese & Pepperoni Calzone (300 calories)

Ham & Cheese Wrap
Green Beans, Fresh Cucumber
Fresh Oranges, Applesauce
Milk

Cinnamon Roll
Or Cereal & Side **27**

Chicken Nuggets (230 calories)

Chef Salad w/ Breadstick
Baby Carrots, Potato Smiles
Pineapple Slices, Fresh Apple
Milk

Pancake Wrapped Sausage
Or Cereal & Side **28**

Cheeseburger on Bun (300 calories)

Roast Beef & Cheese Wrap
Baked Beans, Lettuce & Tomato
Fruit Cocktail, Fresh Banana
Milk