

# LUNCH

April 2018

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

Ham, Egg & Cheese English Muffin  
Or Cereal & Side **2**

**Chicken Nuggets (230 calories)**  
Turkey & Cheese Wrap  
Fresh Broccoli, Mashed Potatoes  
Juice Blend, Fresh Apple  
Milk

### \* Tuesday

Mini Pancakes w/ Syrup  
Or Cereal & Side **3**

**Baked Ham (80 calories) w/ Corn Bread**  
Greek Chicken Salad w/ Breadsticks  
Baby Carrots, Hash Brown Casserole  
Pineapple Slices, Fresh Grapes  
Milk

### \* Wednesday

Biscuit & Gravy  
Or Cereal & Side **4**

**Spaghetti (360 calories) w/ Garlic Bread**  
Ham & Cheese Wrap  
Fresh Cucumber, Green Beans  
Orange Wedges, Peaches  
Milk

### \* Thursday

Bacon Breakfast Pizza  
Or Cereal & Side **5**

**Teriyaki Chicken (170 calories) w/ Rice**  
Chef Salad w/ Breadstick  
Steamed Broccoli, Celery Sticks  
Fresh Apple, Mandarin Oranges  
Milk

### \* Friday

Sausage Biscuit  
Or Cereal & Side **6**

**Cheeseburger on Bun (300 calories)**  
Roast Beef & Cheese Wrap  
Lettuce & Tomato, Baked Beans  
Fruit Cocktail, Fresh Banana  
Milk

Breakfast Sausage Pizza  
Or Cereal & Side **9**

**BBQ Cheesy Nachos (275 calories)**  
Turkey & Cheese Wrap  
Baked Beans, Cole Slaw  
Fresh Apple, Juice Blend  
Milk

Bagel w/ Cream Cheese  
Or Cereal & Side **10**

**Turkey & Noodles (220 calories)**  
Chicken Caesar Salad w/ Breadstick  
Mashed Potatoes, Baby Carrots  
Fresh Grapes, Pears  
Milk

Biscuit & Gravy  
Or Cereal & Side **11**

**General Tso's Chicken (265 cal) w/ Rice**  
Ham & Cheese Wrap  
Fresh Cucumber, Steamed Broccoli  
Peaches, Fresh Oranges  
Milk

Cinnamon Roll  
Or Cereal & Side **12**

**Chili Cheese Fries(360 calories)**  
Crispy Chicken Salad w/ Breadstick  
Celery Sticks, Corn  
Fresh Kiwi, Mandarin Oranges  
Milk

Pancake Wrapped Sausage  
Or Cereal & Side **13**

**Cheese Pizza (270 calories)**  
Roast Beef & Cheese Wrap  
Sweet Fries, Romaine Salad  
Fresh Banana, Fruit Cocktail  
Milk

Ham, Egg & Cheese English Muffin  
Or Cereal & Side **16**

**Cheese Quesadilla (260 calories)**  
Turkey & Cheese Wrap  
Refried Beans, Fresh Cauliflower  
Fresh Apple, Juice Blend  
Milk

Mini Pancakes w/ Syrup  
Or Cereal & Side **17**

**Hot Dog on Bun (270 calories)**  
Greek Chicken Salad w/ Breadstick  
Cole Slaw, Potato Smiles  
Pears, Fresh Grapes  
Milk

Biscuit & Gravy  
Or Cereal & Side **18**

**Lasagna (180 calories) w/ Garlic Bread**  
Ham & Cheese Wrap  
Fresh Cucumber, Sliced Beans  
Orange Wedges, Peaches  
Milk

Bacon Breakfast Pizza  
Or Cereal & Side **19**

**Popcorn Chicken (230 calories)**  
Chef Salad w/ Breadstick  
Celery Sticks, Corn  
Fresh Apple  
Milk

Sausage Biscuit  
Or Cereal & Side **20**

**Cheeseburger on Bun (300 calories)**  
Roast Beef & Cheese Wrap  
French Fries, Lettuce & Tomato  
Fruit Cocktail, Fresh Banana  
Milk

Breakfast Sausage Pizza  
Or Cereal & Side **23**

**BBQ Rib Patty on Bun (220 calories)**  
Turkey & Cheese Wrap  
Fresh Broccoli, Baked Beans  
Juice Blend, Fresh Apple  
Milk

Bagel w/ Cream Cheese  
Or Cereal & Side **24**

**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 **25**

**Turkey Tetrazzini (360 cal) w/ Garlic Bread**  
Ham & Cheese Wrap  
Fresh Cucumber, Sliced Carrots  
Applesauce, Fresh Oranges  
Milk

Cinnamon Roll  
Or Cereal & Side **26**

**French Toast Sticks (300 cal) w/ Sausage**  
Crispy Chicken Asian Salad w/ Breadstick  
Hash Brown, Celery Sticks  
Peach ½, Fresh Apple  
Milk

Pancake Wrapped Sausage  
Or Cereal & Side **27**

**Cheese Pizza (270 calories)**  
Roast Beef & Cheese Wrap  
Romaine Lettuce, Sweet Fries  
Fresh Banana, Fruit Cocktail  
Milk

Ham, Egg & Cheese English Muffin  
Or Cereal & Side **30**

**Meatloaf w/ WG Bread (120 calories)**  
Turkey & Cheese Wrap  
Mashed Potatoes, Fresh Broccoli  
Juice Blend, Fresh Apple  
Milk

## 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