

LUNCH

April 2019

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 **1**
Salisbury Steak (260 cal) w/ WG Bread
Turkey & Cheese Wrap
Fresh Broccoli, Mashed Potatoes
Slushie, Fresh Apple
Milk

* Tuesday

Bagel w/ Cream Cheese
Or Cereal & Side **2**
Hot Dog on Bun (270 calories)
Chicken Caesar Salad w/ Breadstick
Baked Beans, Baby Carrots
Mandarin Oranges, Banana
Milk

* Wednesday

Cinnamon Roll
Or Cereal & Side **3**
Cheese Ravioli (360 calories)w/ Garlic Bread
Ham & Cheese Wrap
Fresh Cucumber, Green Beans
Orange Wedges, Applesauce
Milk

* Thursday

Waffles w/ Syrup
Or Cereal & Side **4**
Baked Ham (80 calories) w/ Corn Bread
Crispy Chicken Asian Salad w/ Breadstick
Celery Sticks, Baked Potato
Pineapple Slices, Fresh Apple
Milk

* Friday

Sausage Biscuit
Or Cereal & Side **5**
Fish Sticks (270 cal) w/ Mac & Cheese
Roast Beef & Cheese Wrap
Cole Slaw, French Fries
Fruit Cocktail, Fresh Banana
Milk

Cinnamon Sugar Mini Donuts
Or Cereal & Side **8**
Beefy Cheesy Nachos (275 calories)
Turkey & Cheese Wrap
Refried beans, Fresh Broccoli
Fresh Apple, Slushie
Milk

Mini Pancakes w/ Syrup
Or Cereal & Side **9**
Turkey & Noodles (220 calories)
Greek Chicken Salad w/ Breadstick
Mashed Potatoes, Baby Carrots
Fresh Grapes, Pears
Milk

Cinnamon Roll
Or Cereal & Side **10**
Chicken Pot Pie (220 calories) w/ Biscuit
Ham & Cheese Wrap
Fresh Cucumber, Steamed Carrots
J4U, Fresh Oranges
Milk

Biscuit & Gravy
Or Cereal & Side **11**
Taco Max Snacks (260 calories)
Chef Salad w/ Breadsticks
Refried Beans, Celery Sticks
Fresh Apple, Peaches
Milk

Pancake Wrapped Sausage
Or Cereal & Side **12**
Cheese Pizza (270 calories)
Roast Beef & Cheese Wrap
Sweet Fries, Romaine Salad
Fresh Banana, Fruit Cocktail
Milk

15
Spring Break
No School

16
Spring Break
No School

17
Spring Break
No School

18
Spring Break
No School

19
Spring Break
No School

Ham, Egg & Cheese English Muffin
Or Cereal & Side **22**
French Toast Sticks (300 cal) w/ Sausage
Turkey & Cheese Wrap
Fresh Broccoli, Hash Brown Patty
Slushie, Fresh Apple
Milk

Bagel w/ Cream Cheese
Or Cereal & Side **23**
Grilled Cheese (190 calories)
Chicken Caesar Salad w/ Breadstick
Tomato Soup, Baby Carrots
Fresh Banana, Pears
Milk

Cinnamon Roll
Or Cereal & Side **24**
Cheese Quesadillas (260 calories)
Ham & Cheese Wrap
Fresh Cucumber, Refried Beans
Applesauce, Fresh Oranges
Milk

Waffles w/ Syrup
Or Cereal & Side **25**
Corn Dog (270 calories)
Crispy Chicken Asian Salad w/ Breadstick
Hash Brown Casserole, Celery Sticks
Peach ½, Fresh Apple
Milk

Sausage Biscuit
Or Cereal & Side **26**
Cheeseburger on Bun(270 calories)
Roast Beef & Cheese Wrap
Tomato & Pickle, French Fries
Fresh Banana, Fruit Cocktail
Milk

Cinnamon Sugar Mini Donuts
Or Cereal & Side **29**
Oven-Fried Chicken Legs (210 calories)
Turkey & Cheese Wrap
Mashed Potatoes, Fresh Broccoli
Fresh Apple, Slushie
Milk

Mini Pancakes w/ Syrup
Or Cereal & Side **30**
Beef Soft Tacos (135 calories)
Greek Chicken Salad w/ Breadstick
Spanish Rice, Lettuce, Tomato & Cheese
Pears, Fresh Banana
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