

# LUNCH

April 2021

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 \$2.95 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

1

**SPRING BREAK  
NO SCHOOL**

2

**SPRING BREAK  
NO SCHOOL**

Sausage Breakfast Pizza  
Or Cereal & Side

5

**Chicken Nuggets (260 calories)**

Turkey & Cheese Wrap  
Corn, Fresh Broccoli  
Fresh Oranges, Slushie  
Milk

Bagel w/ Cream Cheese  
Or Cereal & Side

6

**Turkey & Noodles (220 calories)**

Chef Salad w/ Breadstick  
Mashed Potatoes, Baby Carrots  
Fresh Banana, Pears  
Milk

Cinnamon Roll  
Or Cereal & Side

7

**Teriyaki Chicken w/ Rice (265 calories)**

Ham & Cheese Wrap  
Fresh Cucumber  
Mandarin Oranges, Fresh Apple Slices  
Milk

Waffles w/ Syrup  
Or Cereal & Side

8

**Taco Max Snacks (260 calories)**

Chicken Caesar Salad w/ Breadsticks  
Refried Beans,  
Fresh Grapes, Peaches  
Milk

Sausage Biscuit  
Or Cereal & Side

9

**Cheeseburger on Bun(270 calories)**

Roast Beef & Cheese Wrap  
Pickle, French Fries  
Fresh Banana, Fruit Cocktail  
Milk

Cinnamon Sugar Donuts  
Or Cereal & Side

12

**Salisbury Steak (260 cal) w/ WG Bread**

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

Mini Pancakes w/ Syrup  
Or Cereal & Side

13

**Hot Dog on Bun (270 calories)**

Greek Chicken Salad w/ Breadstick  
Baked Beans, Cole Slaw  
Pears, Fresh Banana  
Milk

Cinnamon Roll  
Or Cereal & Side

14

**Mozz Crunchers w/ Spaghetti**

Ham & Cheese Wrap  
Fresh Cucumber, Green Beans  
Fresh Apple Slices, Pineapple  
Milk

Biscuit & Gravy  
Or Cereal & Side

15

**Chicken Patty on Bun (240 calories)**

Crispy Chicken Asian Salad w/ Breadstick  
French Fries  
Applesauce, Fresh Grapes  
Milk

Pancake Sausage Stick  
Or Cereal & Side

16

**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

19

**Corn Dog (270 calories)**

Turkey & Cheese Wrap  
Fresh Broccoli, Potato Smiles  
Slushie, Fresh Oranges  
Milk

Bagel w/ Cream Cheese  
Or Cereal & Side

20

**Chili Cheese Fries (210 calories)**

Chef Salad w/ Breadstick  
French Fries,  
Fresh Banana, Pears  
Milk

Cinnamon Roll  
Or Cereal & Side

21

**Sweet & Sour Chicken w/ Rice (260 calories)**

Ham & Cheese Wrap  
Fresh Cucumber,  
Mandarin Oranges, Fresh Apple Slices  
Milk

Waffles w/ Syrup  
Or Cereal & Side

22

**French Toast Sticks w/ Sausage (300 cal)**

Chicken Caesar Salad w/ Breadstick  
Hash Brown, Baby Carrots  
Fresh Grapes, Peaches  
Milk

Sausage Biscuit  
Or Cereal & Side

23

**Cheeseburger on Bun(270 calories)**

Roast Beef & Cheese Wrap  
Pickle, French Fries  
Fresh Banana, Fruit Cocktail  
Milk

Cinnamon Sugar Mini Donuts  
Or Cereal & Side

26

**Chicken Drumsticks (210 calories)**

Turkey & Cheese Wrap  
Tater Tots, Fresh Broccoli  
Fresh Oranges, Slushie  
Milk

Mini Pancakes w/ Syrup  
Or Cereal & Side

27

**Hot Ham & Cheese on Bun (300 calories)**

Greek Chicken Salad w/ Breadstick  
Baby Carrots, Corn  
Pears, Fresh Banana  
Milk

Cinnamon Roll  
Or Cereal & Side

28

**BBQ Pork Nacho (260 calories)**

Ham & Cheese Wrap  
Cole slaw, Baked Beans  
Fresh Apple Slices, Pineapple  
Milk

Biscuit & Gravy  
Or Cereal & Side

29

**Chicken Tender Wrap (135 calories)**

Crispy Chicken Asian Salad w/ Breadstick  
Fresh Cucumber, Steamed Carrots  
Applesauce, Fresh Grapes  
Milk

Pancake Sausage Stick  
Or Cereal & Side

30

**Cheese Pizza (270 calories)**

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