

LUNCH

April 2022

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

Pancake Sausage Stick
Or Cereal & Side

1

Fish Sticks w/ Mac & Cheese (210 cal)

Roast Beef & Cheese Wrap
Fresh Broccoli
Fruit Cocktail, Fresh Banana
Milk

Ham, Egg & Cheese Biscuit
Or Cereal & Side

4

Salisbury Steak (260 calories) w/ WG Bread

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

Bagel w/ Cream Cheese
Or Cereal & Side

5

Grilled Cheese (80 calories) w/ Soup

Chef Salad w/ Breadstick
Tomato Soup, Baby Carrots
Fresh Banana, Pears
Milk

Cinnamon Roll
Or Cereal & Side

6

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

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

Waffles w/ Syrup
Or Cereal & Side

7

Cheeseburger on Bun (270 calories)

Popcorn Chicken Salad w/ Breadstick
Pickle, Baked Beans
Applesauce, Fresh Grapes
Milk

Sausage Biscuit
Or Cereal & Side

8

Cheese Pizza (270 calories)

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

11

**SPRING BREAK
NO SCHOOL**

12

**SPRING BREAK
NO SCHOOL**

13

**SPRING BREAK
NO SCHOOL**

14

**SPRING BREAK
NO SCHOOL**

15

**SPRING BREAK
NO SCHOOL**

Donut Stick
Or Cereal & Side

18

Corn Dog (270 calories)

Turkey & Cheese Wrap
Fresh Broccoli, French Fries
Slushie, Fresh Oranges
Milk

Mini Pancakes w/ Syrup
Or Cereal & Side

19

Turkey & Noodles (220 calories)

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

Cinnamon Roll
Or Cereal & Side

20

Lasagna w/ Garlic Bread

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

Biscuit & Gravy
Or Cereal & Side

21

French Toast Sticks w/ Sausage (300 cal)

Chicken Caesar Salad w/ Breadstick
Hash Brown,
Fresh Grapes, Applesauce
Milk

Pancake Sausage Stick
Or Cereal & Side

22

Cheeseburger on Bun (270 calories)

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

Bacon, Egg & Cheese Biscuit
Or Cereal & Side

25

Chicken Quesadilla (210 calories)

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

Bagel w/ Cream Cheese
Or Cereal & Side

26

Hot Ham & Cheese on Bun (300 calories)

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

Cinnamon Roll
Or Cereal & Side

27

BBQ Pork Nacho (260 calories)

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

Waffles w/ Syrup
Or Cereal & Side

28

Fried Chicken Legs (220 calories)

Popcorn Chicken Salad w/ Breadstick
Mashed Potatoes w/ Gravy, Cucumber
Applesauce, Fresh Grapes
Milk

Sausage Biscuit
Or Cereal & Side

29

Cheese Pizza (270 calories)

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