

LUNCH

August 2017

Crestwood School

Nutrition Tip

Cut-up fruit makes a great snack. Either cut them yourself, or buy pre-cut packages of fruit pieces like pineapples or melons. Or, try whole fresh berries or grapes.

Reference: USDA. MyPlate.gov. Internet: <http://www.myplate.gov/>.



* Monday

* Tuesday

* Wednesday

* Thursday

* Friday

ALL MENU ITEMS ARE SUBJECT TO CHANGE

Breakfast Sides: Assorted Fresh Fruit, Fruit Juices & Milk Variety

Three Daily Lunch Entrée Choices: Hot Entrée, Soy Butter & Jelly Sandwich or Salad/ Wrap ~

Breakfast Prices: Reduced \$0.30 Paid \$1.50 Adult \$2.50

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

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11:35 Dismissal
No Breakfast or Lunch Served

11:35 Dismissal
No Breakfast or Lunch Served

Sausage Breakfast Pizza
Or Cereal & Side

21

11:35 Dismissal
No Lunch Served

Bagel w/ Cream Cheese
Or Cereal & Side

22

Hot Dog on Bun (230 calories) or
Chicken Caesar Salad w/ Breadstick
Fresh Cauliflower, Tater tots
Fresh Apple, Peach ½
Milk

Biscuit & Gravy
Or Cereal & Side

23

Beef Soft Taco (135 calories) or
Ham & Cheese Wrap
Lettuce & Tomato, Refried Beans
Pineapple Slices, Fresh Orange Wedges
Milk

Cinnamon Roll
Or Cereal & Side

24

Chicken Nuggets (220 calories) or
Chef Salad w/ Breadstick
Baby Carrots, Corn
Fresh Apple, Mandarin Oranges
Milk

Pancake Wrapped Sausage
Or Cereal & Side

25

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

Ham, Egg & Cheese English Muffin
Or Cereal & Side

28

Salisbury Steak (200 calories) or
Turkey & Cheese Wrap
Mashed Potatoes, Fresh Broccoli
Peach ½, Fresh Apple
Milk

Mini Pancakes w/ Syrup
Or Cereal & Side

29

Nachos w/ Ground Beef (235 calories) or
Greek Salad w/ Grilled Chicken & Breadstick
Refried Beans, Baby Carrots
Fresh Grapes, Pear ½
Milk

Biscuit & Gravy
Or Cereal & Side

30

Spaghetti w/ Meat Sauce (360 calories) or
Ham & Cheese Wrap
Green Beans, Fresh Cucumber
Fresh Orange Wedges, Pineapple Slices
Milk

Bacon Breakfast Boat
Or Cereal & Side

31

Chicken Tender Wrap (240 calories) or
Crispy Chicken Asian Salad w/ Breadstick
Lettuce & Tomato, Corn
Fresh Kiwi, Applesauce
Milk