

LUNCH

August 2019

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 \$2.85 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

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Mini Waffles w/ Syrup
Or Cereal & Side **19**
Hot Dog on Bun (230 calories) or
Turkey & Cheese Wrap
Cole Slaw, Tater Tots
Slushie, Fresh Apple
Milk

Bagel w/ Cream Cheese
Or Cereal & Side **20**
Chicken Nuggets (220 calories) or
Chef Salad w/ Breadstick
Baby Carrots, Corn
Fresh Grapes, Pears
Milk

Cinnamon Roll
Or Cereal & Side **21**
Beef Soft Taco (135 calories) or
Ham & Cheese Wrap
Lettuce, Tomato & Cheese, Refried Beans
Pineapple Slices, Fresh Orange Wedges
Milk

Biscuit & Gravy
Or Cereal & Side **22**
Chicken Teriyaki w/ Rice (260 calories) or
Chicken Caesar Salad w/ Breadstick
Steamed Broccoli, Celery Sticks
Fresh Grapes, Mandarin Oranges
Milk

Pancake Wrapped Sausage
Or Cereal & Side **23**
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 **26**
Salisbury Steak w/ Bread (200 calories) or
Turkey & Cheese Wrap
Mashed Potatoes, Fresh Broccoli
Slushie, Fresh Apple
Milk

Mini Pancakes w/ Syrup
Or Cereal & Side **27**
Nachos w/ Ground Beef (235 calories) or
Greek Salad w/ Grilled Chicken & Breadstick
Refried Beans, Baby Carrots
Pears, Fresh Grapes
Milk

Biscuit & Gravy
Or Cereal & Side **28**
Grilled Cheese (190 calories) or
Ham & Cheese Wrap
Green Beans, Fresh Cucumber
Fresh Orange Wedges, Pineapple Slices
Milk

Bacon Breakfast Boat
Or Cereal & Side **29**
Chicken Tender Wrap (240 calories) or
Crispy Chicken Asian Salad w/ Breadstick
Lettuce & Tomato, Corn
Fresh Kiwi, Applesauce
Milk

Sausage Biscuit
Or Cereal & Side **30**
Cheeseburger on Bun (270 calories) or
Roast Beef & Cheese Wrap
French Fries, Tomato & Pickle
Fruit Cocktail, Banana
Milk