

LUNCH

August 2020

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

10

11

12

13

14

11:35 Dismissal

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No Breakfast or Lunch Served

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Mini Waffles w/ Syrup
Or Cereal & Side

17

Grilled Cheese (230 calories) or
Turkey & Cheese Wrap
Fresh Broccoli, Tater Tots
Slushie, Fresh Apple
Milk

Mini Cinn/Sugar Donuts
Or Cereal & Side

18

Fish Sticks w/ Mac & Cheese (260 calories)
Chef Salad w/ Breadstick
Baby Carrots, Green peas
Fresh Grapes, Pears
Milk

Cinnamon Roll
Or Cereal & Side

19

Teriyaki Chicken w/ Rice (135 calories) or
Ham & Cheese Wrap
Steamed Broccoli, Fresh Cucumbers
Pineapple Slices, Fresh Orange Wedges
Milk

Biscuit & Gravy
Or Cereal & Side

20

Corn Dog (220 calories) or
Chicken Caesar Salad w/ Breadstick
French Fries, Celery Sticks
Fresh Apple, Mandarin Oranges
Milk

Sausage Biscuit
Or Cereal & Side

21

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

Ham, Egg & Cheese English Muffin
Or Cereal & Side

24

Cheese Quesadilla (200 calories) or
Turkey & Cheese Wrap
Refried Beans, Fresh Cauliflower
Slushie, Fresh Apple
Milk

Mini Pancakes w/ Syrup
Or Cereal & Side

25

Chicken Nuggets (235 calories) or
Greek Salad w/ Grilled Chicken & Breadstick
Refried Beans, Baby Carrots
Pears, Fresh Grapes
Milk

Cinnamon Rolls
Or Cereal & Side

26

BBQ Rib Patty on Bun (190 calories) or
Ham & Cheese Wrap
Green Beans, Fresh Cucumber
Fresh Orange Wedges, Pineapple Slices
Milk

Bacon Breakfast Boat
Or Cereal & Side

27

French Toast Sticks w/ Sausage (240 cal)
Crispy Chicken Asian Salad w/ Breadstick
Hash Brown, Celery Sticks
Fresh Kiwi, Applesauce
Milk

Pancake Wrapped Sausage Stick
Or Cereal & Side

28

Cheeseburger on Bun (270 calories) or
Roast Beef & Cheese Wrap
French Fries, Tomato & Pickle
Fruit Cocktail, Banana
Milk

Mini Waffles w/ Syrup
Or Cereal & Side

31

Salisbury Steak (260 calories)
Turkey & Cheese Wrap
Fresh Broccoli, Mashed Potatoes & Gravy
Fresh Apple, Slushie
Milk