

LUNCH

August 2022

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 10:50, 2nd 10:55, 3rd 11:25, 4th 11:30, 5th 11:35, Jr. High 12:04

9

10

11

12

13

11:35 Dismissal
No Lunch Served

15

11:35 Dismissal
No Lunch Served

16

Cinnamon Rolls
Or Cereal & Side

17

Chicken Nuggets (235 calories)
Ham & Cheese Wrap
Steamed Corn, Fresh Cucumber
Pears, Apple Slices
Milk

Biscuit & Gravy
Or Cereal & Side

18

Hot Ham & Cheese on Bun (230 calories)
Crispy Chicken Asian Salad w/ Breadstick
Tater Tots,
Fresh Grapes, Applesauce
Milk

Pancake Sausage Bites
Or Cereal & Side

19

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

Muffin
Or Cereal & Side

22

Salisbury Steak (260 calories) w/ WG Bread
Turkey & Cheese Wrap
Fresh Broccoli, Mashed Potatoes & Gravy
Fresh Oranges,
Milk

Bagel w/ Cream Cheese
Or Cereal & Side

23

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

Cinnamon Rolls
Or Cereal & Side

24

Chicken Patty on Bun (260 calories)
Ham & Cheese Wrap
Green Beans, Fresh Cucumber
Fresh Apple Slices, Pineapple Slices
Milk

Breakfast Boat
Or Cereal & Side

25

Cheese Quesadilla (200 calories)
Crispy Chicken Asian Salad w/ Breadstick
Refried Beans
Applesauce, Fresh Grapes,
Milk

Sausage Biscuit
Or Cereal & Side

26

Cheeseburger on Bun (270 calories)
Roast Beef & Cheese Wrap
Baked Beans, Pickle
Fruit Cocktail, Banana
Milk

Ham, Egg & Cheese Biscuit
Or Cereal & Side

29

Beefy Cheese Nachos (260 calories)
Turkey & Cheese Wrap
Fresh Broccoli,
Fresh Oranges
Milk

Mini Pancakes w/ Syrup
Or Cereal & Side

30

Hot Dog on Bun (235 calories)
Chef Salad & Breadstick
Cole Slaw, Potato Smiles
Fresh Banana, Pears
Milk

Cinnamon Rolls
Or Cereal & Side

31

Lasagna w/ Garlic Bread (190 calories)
Ham & Cheese Wrap
Green Beans, Fresh Cucumber
Fresh Apple Slices, Pineapple Slices
Milk