

# LUNCH

August 2023

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

1

### 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 \$2.95 Adult \$3.75

**Lunch Times:** K 10:45, 1st 10:50, 2nd 10:55, 3rd 11:25, 4th 11:30, 5th 11:35, Jr. High 12:04

8

9

10

11

12

14

Teachers Institute  
No School

15

11:35 Dismissal  
No Lunch Served

16

11:35 Dismissal  
No Lunch Served

17

Biscuit & Gravy  
Or Cereal & Side

Chicken Nuggets (220 calories) or  
Chicken Caesar Salad w/ Breadstick  
Fresh Cucumber, potatoes Smiles  
Pineapple Slices, Fresh Orange Wedges  
Milk

18

Donut  
Or Cereal & Side

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

21

Waffles w/ Syrup  
Or Cereal & Side

French Toast Sticks (300 cal) w/ Sausage  
Turkey & Cheese Wrap  
Hash Brown, Celery Stick  
Peaches, ½ Fresh Apple  
Milk

22

Bagel w/ Cream Cheese  
Or Cereal & Side

Beef Soft Tacos (135 calories) or  
Crispy Asian Salad w/ Breadstick  
Lettuce & Tomato, Corn  
Pears, Fresh Kiwi  
Milk

23

Cinnamon Roll  
Or Cereal & Side

Corn Dog (270 calories) or  
Ham & Cheese Wrap  
Fresh Cucumber, Curly Fries  
Pineapple Slices, Fresh Orange Wedges  
Milk

24

Breakfast Sausage Pizza  
Or Cereal & Side

Spaghetti w/ Meat Sauce (360 calories) or  
Greek Chicken Salad w/ Breadstick  
Baby Carrots, Green Beans  
Fresh Apple, Mandarin Oranges  
Milk

25

Blueberry Muffin  
Or Cereal & Side

Cheeseburger on Bun (300 calories)  
Roast Beef & Cheese Wrap  
French Fries, lettuce & tomatoes  
Fresh Banana, Fruit Cocktail  
Milk

28

Bacon, Egg & Cheese Biscuit  
Or Cereal & Side

Chicken Tender Wrap (240 calories) or  
Turkey & Cheese Wrap  
Corn, Fresh Lettuce & Tomato  
Peaches, ½, Fresh Apple  
Milk

29

Mini Pancakes w/ Syrup  
Or Cereal & Side

Turkey & Noodles (220 calories) or  
Chicken Caesar Salad w/ Breadstick  
Mashed Potatoes, Baby Carrots  
Fresh Grapes, Pear ½  
Milk

30

Cinnamon Roll  
Or Cereal & Side

Chicken Patty on Bun (240 calories) or  
Ham & Cheese Wrap  
Steamed Carrots, Fresh Cucumber  
Fresh Orange Wedges, Applesauce  
Milk

31

Biscuit & Gravy  
Or Cereal & Side

BBQ Pork Nachos (275 calories) or  
Chef Salad w/ Breadstick  
Refried Beans, Spanish Rice  
Fresh Kiwi, Mandarin Oranges  
Milk