

# LUNCH

## December 2017

### Crestwood School

#### Lunch Fact

MyPlate recommends:

Get started cooking more often at home: If you don't usually cook, start gradually. Make it a goal to cook once a week and work up to cooking more often.

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



#### \* Monday

#### \* Tuesday

#### \* Wednesday

#### \* Thursday

#### \* Friday

#### ALL MENU ITEMS ARE SUBJECT TO CHANGE

**Four Daily Entrée Choices (Choose One):** Hot Entrée, Salad/ Wrap, or Soy Butter & Jelly Sandwich

**Included Daily:** Fresh Fruit, Fresh Vegetable & Fat Free Milk

**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 JH 12:10

Pancake Wrapped Sausage

Or Cereal & Side

1

**Cheese Pizza (270 calories)**

Roast Beef & Cheese Wrap

Sweet Fries, Fruit Juice

Banana, Fruit Cocktail

Milk

Ham, Egg & Cheese English Muffin

Or Cereal & Side

4

**Hot Dog on Bun (230 calories)**

Turkey & Cheese Wrap

Cole Slaw, Baked Beans

Fresh Apple, Juice Blend

Milk

Mini Pancakes w/ Syrup

Or Cereal & Side

5

**Turkey & Noodles (220 calories)**

Greek Chicken Salad w/ Breadstick

Mashed Potatoes, Baby Carrots

Fresh Grapes, Applesauce

Milk

Biscuit & Gravy

Or Cereal & Side

6

**Sweet & Sour Chicken w/ Rice (265 calories)**

Ham & Cheese Wrap

Fresh Cucumbers, Broccoli

Fresh Orange, Peach ½

Milk

Bacon Breakfast Boat

Or Cereal & Side

7

**Chicken Tender Wrap (240 calories)**

Chef Salad w/ Breadstick

Corn, Lettuce & Tomato

Pear ½, Fresh Apple

Milk

WG Donut Sticks

Or Cereal & Side

8

11:35 Dismissal

No Lunch Served

Sausage Breakfast Pizza

Or Cereal & Side

11

**Salisbury Steak (260 calories)**

Turkey & Cheese Wrap

Mashed Potatoes, Fresh Cauliflower

Fresh Apple, Juice Blend

Milk

Bagel w/ Cream Cheese

Or Cereal & Side

12

**Beefy Cheesy Nachos (235 calories)**

Chicken Caesar Salad w/ Breadstick

Refried Beans, Baby Carrots

Applesauce, Fresh Grapes

Milk

Biscuit & Gravy

Or Cereal & Side

13

**Spaghetti (360 calories) w/ Garlic Bread**

Ham & Cheese Wrap

Fresh Cucumber, Green Beans

Peach ½, Fresh Oranges

Milk

Cinnamon Roll

Or Cereal & Side

14

**Chili Cheese Fries (360 calories)**

Crispy Chicken Asian Salad w/ Breadstick

Chili Soup, French Fries

Fresh Apple, Pear ½

Milk

Sausage & Cheese Biscuit

Or Cereal & Side

15

**Cheeseburger (300 calories)**

Roast Beef & Cheese Wrap

Lettuce & Tomato, French Fries

Fruit Cocktail, Fresh Banana

Milk

Ham, Egg & Cheese English Muffin

Or Cereal & Side

18

**Cheese Quesadillas (260 calories)**

Turkey & Cheese Wrap

Refried Beans, Fresh Broccoli

Juice Blend, Fresh Apple

Milk

Mini Pancakes w/ Syrup

Or Cereal & Side

19

**French Toast Sticks (300 cal) w/ Sausage**

Greek Chicken Salad w/ Breadstick

Baby Carrots, Hash Browns

Applesauce, Fresh Grapes

Milk

Biscuit & Gravy

Or Cereal & Side

20

**Chicken Drumsticks (210 calories) w/ Rice**

Ham & Cheese Wrap

Fresh Cucumber, Casserole

Peaches, Fresh Orange

Milk

Holiday Vacation

No School

21

Holiday Vacation

No School

22

Holiday Vacation

No School

25

Holiday Vacation

No School

26

Holiday Vacation

No School

27

Holiday Vacation

No School

28

Holiday Vacation

No School

29