

LUNCH

December 2018

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 \$2.85 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

Ham, Egg & Cheese English Muffin
Or Cereal & Side

3

Hot Dog on Bun (230 calories)

Turkey & Cheese Wrap
Cole Slaw, French Fries
Fresh Apple, Slushie
Milk

Mini Pancakes w/ Syrup
Or Cereal & Side

4

Turkey & Noodles (220 calories)

Greek Chicken Salad w/ Breadstick
Mashed Potatoes, Baby Carrots
Fresh Grapes, Applesauce
Milk

Cinnamon Roll
Or Cereal & Side

5

Sweet & Sour Chicken w/ Rice (265 calories)

Ham & Cheese Wrap
Fresh Cucumbers, Broccoli
Fresh Orange, Peaches
Milk

Glazed French Toast
Or Cereal & Side

6

Cheese Pizza (270 calories)

Chef Salad w/ Breadstick
Romaine Salad, Sweet Potato Fries
Pears, Fresh Apple
Milk

WG Chocolate Donuts
Or Cereal & Side

7

11:35 Dismissal
No Lunch Served

Sausage Breakfast Pizza
Or Cereal & Side

10

Grilled Cheese (190 calories) w/ Soup

Turkey & Cheese Wrap
Tomato Soup, Fresh Broccoli
Slushie, Fresh Apple
Milk

Bagel w/ Cream Cheese
Or Cereal & Side

11

Beefy Cheesy Nachos (235 calories)

Chicken Caesar Salad w/ Breadstick
Refried Beans, Baby Carrots
Applesauce, Fresh Grapes
Milk

Cinnamon Roll
Or Cereal & Side

12

Lasagna Roll-up (320 cal) w/ Garlic Bread

Ham & Cheese Wrap
Fresh Cucumber, Green Beans
Peaches, Fresh Oranges
Milk

Biscuit & Gravy
Or Cereal & Side

13

Chicken Tender Wrap (240 calories)

Crispy Chicken Asian Salad w/ Breadstick
Lettuce & Tomato,
Fresh Apple, Pears
Milk

Pancake Sausage Stick
Or Cereal & Side

14

Cheeseburger (300 calories)
Roast Beef & Cheese Wrap
Pickle & Tomato, French Fries
Fruit Cocktail, Fresh Banana
Milk

Ham, Egg & Cheese English Muffin
Or Cereal & Side

17

Fish Sticks (290) w/ Mac & Cheese

Turkey & Cheese Wrap
Cole Slaw, Peas
Slushie, Fresh Apple
Milk

Mini Pancakes w/ Syrup
Or Cereal & Side

18

Oven-Baked Chicken Leg (210 calories)

Greek Chicken Salad w/ Breadstick
Baby Carrots, Mashed Potatoes
Applesauce, Fresh Grapes
Milk

Cinnamon Roll
Or Cereal & Side

19

Sloppy Joe on Bun (220 calories)

Ham & Cheese Wrap
Fresh Carrots, Mashed Potatoes
Peaches, Fresh Orange
Milk

Cinnamon Roll
Or Cereal & Side

20

French Toast Sticks (300 cal) w/ Sausage

Chef Salad w/ Breadstick
Hash Brown Patty, Fresh Vegetable
Misc. Fruit Selection
Milk

Holiday Vacation

21

No School

Holiday Vacation
No School

24

Holiday Vacation
No School

25

Holiday Vacation
No School

26

Holiday Vacation
No School

27

Holiday Vacation
No School

28