

# LUNCH

## December 2020

### 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

Sausage Breakfast Pizza  
Or Cereal & Side **1**  
**Fish Sticks (290) w/ Mac & Cheese**  
Chef Salad w/ Breadstick  
Baby Carrots, Peas  
Applesauce, Fresh Banana  
Milk

Cinnamon Roll  
Or Cereal & Side **2**  
**Chicken Pot Pie w/ Biscuit (320 calories)**  
Ham & Cheese Wrap  
Fresh Cucumber, Green Beans  
Pears, Fresh Apple  
Milk

Biscuit & Gravy  
Or Cereal & Side **3**  
**Cheeseburger on Bun (300 calories)**  
Chicken Caesar Salad w/ Breadstick  
Pickles, French Fries  
Peaches, Fresh Grapes  
Milk

WG Chocolate Donuts  
Or Cereal & Side **4**  
**11:35 Dismissal**  
**No Lunch Served**

Cinn/Sugar Mini Donuts  
Or Cereal & Side **7**  
**Salisbury Steak (230 calories)**  
Turkey & Cheese Wrap  
Mashed Potatoes, Fresh Broccoli  
Fresh Oranges, Slushie  
Milk

Mini Pancakes w/ Syrup  
Or Cereal & Side **8**  
**Corn Dog (270 calories)**  
Greek Salad w/ Breadstick  
Tater Tots, Baby Carrots  
Fresh Banana, Applesauce  
Milk

Cinnamon Roll  
Or Cereal & Side **9**  
**BBQ Rib Patty on Bun (265 calories)**  
Ham & Cheese Wrap  
Fresh Cucumbers, Steamed Corn  
Fresh Apple, Pears  
Milk

Mini Waffles w/ Syrup  
Or Cereal & Side **10**  
**Beefy Cheesy Nachos (235 calories)**  
Crispy Chicken Asian Salad w/ Breadstick  
Refried Beans  
Peaches, Fresh Grapes  
Milk

Sausage Biscuit  
Or Cereal & Side **11**  
**Cheese Pizza (270 calories)**  
Roast Beef & Cheese Wrap  
Romaine Salad, Sweet Potato Fries  
Banana, Fruit Cocktail  
Milk

Ham, Egg & Cheese English Muffin  
Or Cereal & Side **14**  
**Chicken Drumsticks (210 calories)**  
Turkey & Cheese Wrap  
Potato Smiles, Fresh Broccoli  
Slushie, Fresh Oranges  
Milk

Bagel w/ Cream Cheese  
Or Cereal & Side **15**  
**Turkey & Noodles (220 calories)**  
Chef Salad w/ Breadstick  
Mashed Potatoes, Baby Carrots  
Applesauce, Fresh Banana  
Milk

Cinnamon Roll  
Or Cereal & Side **16**  
**Teriyaki Chicken w Rice (260 calories)**  
Ham & Cheese Wrap  
Fresh Cucumber,  
Pears, Fresh Apple  
Milk

Biscuit & Gravy  
Or Cereal & Side **17**  
**Grilled Cheese w/ Soup (190 calories)**  
Chicken Caesar Salad w/ Breadstick  
Tomato Soup  
Fresh Grapes, Peaches  
Milk

Pancake Sausage Stick  
Or Cereal & Side **18**  
**Cheeseburger (300 calories)**  
Roast Beef & Cheese Wrap  
Pickle, Baked Beans  
Fruit Cocktail, Fresh Banana  
Milk

**21**  
Holiday Vacation  
No School

**22**  
Holiday Vacation  
No School

**23**  
Holiday Vacation  
No School

**24**  
Christmas Eve  
No School

**25**  
Merry Christmas!!  
No School

**28**  
Holiday Vacation  
No School

**29**  
Holiday Vacation  
No School

**30**  
Holiday Vacation  
No School

**31**  
New Year's Eve  
No School