

LUNCH

December 2021

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/>.



* Tuesday

* Wednesday

* Thursday

* Friday

1
Cinn/Sugar Mini Donuts
Or Cereal & Side

2
Cinnamon Roll
Or Cereal & Side

3
Lasagna w/ Garlic Bread (320 calories)
Ham & Cheese Wrap
Fresh Cucumber, Green Beans
Peaches, Fresh Apple Slices
Milk

4
Biscuit & Gravy
Or Cereal & Side

5
Or Cereal & Side
11:35 Dismissal
No Lunch Served

6
Cinn/Sugar Mini Donuts
Or Cereal & Side

7
Mini Pancakes w/ Syrup
Or Cereal & Side

8
Cinnamon Roll
Or Cereal & Side

9
Mini Waffles w/ Syrup
Or Cereal & Side

10
Sausage Biscuit
Or Cereal & Side

11
Ham, Egg & Cheese English Muffin
Or Cereal & Side

12
Bagel w/ Cream Cheese
Or Cereal & Side

13
Cinnamon Roll
Or Cereal & Side

14
Biscuit & Gravy
Or Cereal & Side

15
Pancake Sausage Stick
Or Cereal & Side

16
Fish Sticks w/ Mac & Cheese (300 cal)
Turkey & Cheese Wrap
Fresh Broccoli
Fresh Oranges, Applesauce
Milk

17
Turkey & Noodles (220 calories)
Greek Salad w/ Breadstick
Mashed Potatoes, Baby Carrots
Pears, Fresh Banana
Milk

18
Meatball Sub (260 calories)
Ham & Cheese Wrap
Fresh Cucumber,
Peaches, Fresh Apple
Milk

19
French Toast Sticks (300) w/ Sausage
Crispy Chicken Asian Salad w/ Breadstick
Hash Brown Patty,
Pineapple, Fresh Grapes,
Milk

20
Cheeseburger (300 calories)
Roast Beef & Cheese Wrap
Pickle, French Fries
Fruit Cocktail, Fresh Banana
Milk

21
Holiday Vacation
No School

22
Holiday Vacation
No School

23
Holiday Vacation
No School

24
Holiday Vacation
No School

25
Christmas Eve
No School

26
Holiday Vacation
No School

27
Holiday Vacation
No School

28
Holiday Vacation
No School

29
Holiday Vacation
No School

30
New Year's Eve
No School