

LUNCH

December 2022

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 \$2.95 Adult \$3.75

Lunch Times: K 10:50, 1st 11:50, 2nd 10:55, 3rd 11:55, 4th 11:30, 5th 11:35 JH 12:10

Mini Waffles w/ Syrup
Or Cereal & Side **5**

Hot Dog on Bun (230 calories)
Turkey & Cheese Wrap
Cole Slaw, Baked Beans
Fresh Apple Slices, Mandarin Oranges
Milk

Bagel w/ Cream Cheese
Or Cereal & Side **6**

Turkey & Noodles (220 calories)
Greek Chicken Salad w/ Breadstick
Mashed Potatoes, Baby Carrots
Fresh Grapes, Applesauce
Milk

Cinnamon Roll
Or Cereal & Side **7**

Sweet & Sour Chicken w/ Rice (265 calories)
Ham & Cheese Wrap
Fresh Cucumbers, Broccoli
Fresh Banana, Peaches
Milk

Donut
Or Cereal & Side **8**

Chicken Tender Wrap (240 calories)
Chicken Caesar Salad w/ Breadstick
Corn, Lettuce & Tomato
Pear, ½ Fresh Apple
Milk

Sausage Biscuit Sandwich
Or Cereal & Side **9**

Cheese Pizza (270 calories)
Roast Beef & Cheese Wrap
Romaine Lettuce, Sweet Fries
Fruit Cocktail, Fresh Oranges
Milk

Sausage Breakfast Pizza
Or Cereal & Side **12**

Salisbury Steak (260 calories)
Turkey & Cheese Wrap
Mashed Potatoes, Fresh Cauliflower
Fresh Apple Slices, Mandarin Oranges
Milk

Mini Pancakes w/ Syrup
Or Cereal & Side **13**

BBQ Pork Nachos (265 calories)
Chef Salad w/ Breadstick
Baked Beans, Baby Carrots
Applesauce, Fresh Grapes
Milk

Cinnamon Roll
Or Cereal & Side **14**

Spaghetti (360 calories) w/ Garlic Bread
Ham & Cheese Wrap
Fresh Cucumber, Green Beans
Peaches, Fresh Banana
Milk

Biscuit & Gravy
Or Cereal & Side **15**

Chili Cheese Fries (360 calories)
Crispy Chicken Asian Salad w/ Breadstick
Chili Soup, French Fries
Pear, ½ Fresh Apple
Milk

Muffin
Or Cereal & Side **16**

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

Ham, Egg & Cheese Biscuit
Or Cereal & Side **19**

Cheese Quesadillas (260 calories)
Turkey & Cheese Wrap
Refried Beans, Fresh Broccoli
Mandarin Oranges, Fresh Apple Slices
Milk

Bagel w/ Cream Cheese
Or Cereal & Side **20**

French Toast Sticks (300 cal) w/ Sausage
Greek Chicken Salad w/ Breadstick
Baby Carrots, Hash Browns
Applesauce, Fresh Grapes
Milk

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Holiday Vacation
No School

22
Holiday Vacation
No School

23
Holiday Vacation
No School

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Holiday Vacation
No School

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Holiday Vacation
No School

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Holiday Vacation
No School

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Holiday Vacation
No School

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Holiday Vacation
No School