

LUNCH

February 2019

Crestwood School

Nutrition Tip

Make Fruit More Appealing: Make a fruit smoothie by blending fat-free or low-fat milk or yogurt with fresh or frozen fruit. Try bananas, peaches, strawberries, or other berries.

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



* Monday

* Tuesday

* Wednesday

* Thursday

* Friday

ALL MENU ITEMS ARE SUBJECT TO CHANGE

Three Daily Entrée Choices: Hot Entrée, Soy Butter & Jelly Sandwich, or Salad/ Wrap ~

Included Daily: Fresh Fruit, Fresh Vegetable & Low Fat Milk

Lunch Prices: Reduced \$0.40 Paid \$2.85 Adult \$3.75

Ham, Egg & Cheese English Muffin
Or Cereal & Side **4**

Grilled Cheese w/ Soup (170 calories)
Turkey & Cheese Wrap
Tomato Soup, Fresh Cauliflower
Fresh Apple, Slushie
Milk

Bagel w/ Cream Cheese
Or Cereal & Side **5**

Hot Dog on Bun (230 calories)
Chicken Caesar Salad w/ Breadstick
Cole Slaw, Tater Tots
Pears, Fresh Grapes
Milk

Cinnamon Roll
Or Cereal & Side **6**

Sweet & Sour Chicken w/ Rice (265 calories)
Ham & Cheese Wrap
Fresh Cucumber, Steamed Broccoli
Pineapple Slices, Fresh Oranges
Milk

Biscuit & Gravy
Or Cereal & Side **7**

Chicken Tender Wrap (240 calories)
Crispy Chicken Asian Salad w/ Breadstick
Celery Sticks, Lettuce & Tomato
Peaches, Fresh Apple
Milk

Sausage Biscuit Sandwich
Or Cereal & Side **1**

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

Sausage Breakfast Pizaa
Or Cereal & Side **11**

Salisbury Steak (260 calories)
Turkey & Cheese Wrap
Mashed Potatoes, Fresh Broccoli
Fresh Apple, Slushie
Milk

Mini Pancakes w/ Syrup
Or Cereal & Side **12**

Beefy Cheesy Nachos (235 calories)
Greek Chicken Salad w/ Breadstick
Baby Carrots, Refried Beans
Fresh Grapes, Pears
Milk

Cinnamon Roll
Or Cereal & Side **13**

Meatball Sub (220 calories)
Ham & Cheese Wrap
Green Beans, Fresh Cucumber
Pineapple Slices, Fresh Oranges
Milk

Breakfast Sliders
Or Cereal & Side **14**

French Toast Sticks (300 cal) w/ Sausage
Chef Salad w/ Breadstick
Hash Brown, Celery Sticks
Applesauce, Fresh Banana
Milk

WG Chocolate Donuts
Or Cereal & Side **15**

11:35 Dismissal
No Lunch Served

President's Day
No School **18**

Bagel w/ Cream Cheese
Or Cereal & Side **19**

Turkey & Noodles (220 calories)
Chicken Caesar Salad w/ Breadstick
Baby Carrots, Mashed Potatoes
Fresh Apple, Slushie
Milk

Cinnamon Roll
Or Cereal & Side **20**

Gen Tso's Chicken (265 calories) w/ Rice
Ham & Cheese Wrap
Fresh Cucumber, Steamed Broccoli
Peaches, Fresh Oranges
Milk

Biscuit & Gravy
Or Cereal & Side **21**

Chicken Pot Pie (300 calories)
Crispy Chicken Asian Salad w/ Breadstick
Sliced Carrots, Celery Sticks
Fresh Grapes, Applesauce
Milk

Sausage Biscuit Sandwich
Or Cereal & Side **22**

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

Ham, Egg & Cheese English Muffin
Or Cereal & Side **25**

Boneless Chicken Drumsticks (210 calories)
Turkey & Cheese Wrap
Fresh Cauliflower, French Fries
Fresh Apple, Fruit Juice
Milk

Mini Pancakes w/ Syrup
Or Cereal & Side **26**

Beef Tacos (200 cal)
Greek Chicken Salad w/ Breadstick
Lettuce & Tomato, Spanish Rice
Pears, Fresh Oranges
Milk

Cinnamon Roll
Or Cereal & Side **27**

Lasagna Roll-up (360 calories) Garlic Bread
Ham & Cheese Wrap
Baby Carrots, Green Beans
Fresh Grapes, Slushie
Milk

Cinnamon Roll
Or Cereal & Side **28**

Cheese Quesadillas (260 calories)
Chef Salad w/ Breadstick
Refried Beans, Celery Sticks
Fresh Apple, Peaches
Milk