

LUNCH

February 2021

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

Cinnamon Sugar Donuts

1

Or Cereal & Side

Chicken Drumsticks (210 calories)

Turkey & Cheese Wrap
Mashed Potatoes w/ Gravy, Fresh Cauliflower
Fresh Oranges, Slushie
Milk

Bagel w/ Cream Cheese

2

Or Cereal & Side

Chili Cheese Fries (210 calories)

Chef Salad w/ Breadstick
Baby Carrots, French Fries
Pears, Fresh Banana
Milk

Cinnamon Roll

3

Or Cereal & Side

Teriyaki Chicken w/ Rice (265 calories)

Ham & Cheese Wrap
Fresh Cucumber,
Pineapple Slices, Fresh Apple Slices
Milk

Mini Waffles w/ Syrup

4

Or Cereal & Side

Sloppy Joe on Bun (220 calories)

Chicken Caesar Salad w/ Breadstick
Corn,
Applesauce, Fresh Grapes
Milk

Sausage Biscuit

5

Or Cereal & Side

Cheeseburger on Bun (300 calories)

Roast Beef & Cheese Wrap
Potato Smiles, Pickle
Fruit Cocktail, Fresh Banana
Milk

Sausage Breakfast Pizaa

8

Or Cereal & Side

Salisbury Steak (260 calories)

Turkey & Cheese Wrap
Mashed Potatoes, Fresh Broccoli
Slushie, Fresh Oranges
Milk

Mini Pancakes w/ Syrup

9

Or Cereal & Side

BBQ Pork Nachos (235 calories)

Greek Chicken Salad w/ Breadstick
Baked Beans, Cole Slaw
Fresh Banana, Pears
Milk

Cinnamon Roll

10

Or Cereal & Side

Mozz Crunchers w/ Spaghetti (220 calories)

Ham & Cheese Wrap
Green Beans, Fresh Cucumber
Fresh Apple Slices, Pineapple
Milk

Biscuit & Gravy

11

Or Cereal & Side

Chicken Nuggets (260 calories)

Crispy Chicken Asian Sslad w/ Breadstick
Tater Tots
J4U, Fresh Grapes
Milk

WG Chocolate Donuts

12

Or Cereal & Side

**11:35 Dismissal
No Lunch Served**

President's Day

No School

15

Bagel w/ Cream Cheese

16

Or Cereal & Side

Turkey & Noodles (220 calories)

Chef Salad w/ Breadstick
Baby Carrots, Mashed Potatoes
Fresh Banana, Pears
Milk

Cinnamon Roll

17

Or Cereal & Side

Grilled Cheese w/ Soup (190 calories)

Ham & Cheese Wrap
Fresh Cucumber, Tomato Soup
Peaches, Fresh Apple Slices
Milk

Mini Waffles w/ Syrup

18

Or Cereal & Side

Taco Max Snacks (300 calories)

Chicken Caesar Salad w/ Breadstick
Refried Beans
Fresh Grapes, Pineapple
Milk

Pancake Sausage Stick

19

Or Cereal & Side

Cheese Pizza (270 calories)

Roast Beef & Cheese Wrap
Romaine Salad, Sweet Fries
Fruit Cocktail, Fresh Banana
Milk

Cinnamon Sugar Donuts

22

Or Cereal & Side

Hot Dog on Bun (210 calories)

Turkey & Cheese Wrap
Cole Slaw, Potato Smiles
Fresh Oranges, Slushie
Milk

Mini Pancakes w/ Syrup

23

Or Cereal & Side

French Toast Sticks w/ Sausage (300 cal)

Greek Chicken Salad w/ Breadstick
Hash Brown, Baby Carrots
Pears, Fresh Banana
Milk

Cinnamon Roll

24

Or Cereal & Side

Sweet & Sour Chicken (170 calories) w/ Rice

Ham & Cheese Wrap
Fresh Cucumber,
Fresh Apple Slices, Mandarin Oranges
Milk

Biscuit & Gravy

25

Or Cereal & Side

Cheeseburger on Bun (300 calories)

Crispy Chic Asian Salad w/ Breadstick
Baked Beans, Pickle
J4U, Fresh Grapes
Milk

Sausage Biscuit

26

Or Cereal & Side

Fish Sticks (290 cal) w/ Mac & Cheese

Roast Beef & Cheese Wrap
Peas,
Fresh Banana, Fruit Cocktail