

LUNCH

February 2023

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



Biscuit & Gravy
Or Cereal & Side **1**

Lasagna w/ Garlic Bread (190 calories)
Ham & Cheese Wrap
Green Beans, Fresh Cucumber
Fresh Grapes, Applesauce
Milk

Donut
Or Cereal & Side **2**

Chili Cheese Fries (360 calories)
Chicken Caesar Salad w/ Breadstick
Celery Sticks
Pineapple Slices, Fresh Apple
Milk

Sausage Biscuit Sandwich
Or Cereal & Side **3**

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

Waffles w/ Syrup
Or Cereal & Side **6**

Teriyaki Chicken w/ Rice (170 calories)
Turkey & Cheese Wrap
Steamed Broccoli, Fresh Cauliflower
Fresh Apple,
Milk

Bagel w/ Cream Cheese
Or Cereal & Side **7**

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

Cinnamon Roll
Or Cereal & Side **8**

BBQ Pork Nachos (265 calories)
Ham & Cheese Wrap
Baby Carrots, Corn
Fresh Orange, Peach ½
Milk

Biscuit & Gravy
Or Cereal & Side **9**

Cheese Quesadillas (260 calories)
Crispy Chicken Asian Salad w/ Breadstick
Refried Beans, Celery Sticks
Mandarin Oranges, Applesauce
Milk

Pancake Wrapped Sausage
Or Cereal & Side **10**

Cheeseburger on Bun (300 calories)
Roast Beef & Cheese Wrap
Baked Beans, Lettuce & Tomato
Fruit Cocktail, Fresh Banana
Milk

Sausage Breakfast Pizza
Or Cereal & Side **13**

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

Mini Pancakes w/ Syrup
Or Cereal & Side **14**

Beefy Cheesy Nachos (235 calories)
Chef Salad w/ Breadstick
Baby Carrots, Refried Beans
Pear, Fresh Grapes
Milk

Cinnamon Roll
Or Cereal & Side **15**

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

Donut
Or Cereal & Side **16**

French Toast Sticks (300 cal) w/ Sausage
Chicken Caesar Salad w/ Breadstick
Hash Brown, Celery Sticks
Pears, Fresh Banana
Milk

Muffin
Or Cereal & Side **17**

11:35 Dismissal
No Lunch Served

President's Day
No School

20

Bagel w/ Cream Cheese
Or Cereal & Side **21**

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

Cinnamon Roll
Or Cereal & Side **22**

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

Biscuit & Gravy
Or Cereal & Side **23**

Chicken Tender Wrap (240 calories)
Crispy Chicken Asian Salad w/ Breadstick
Fresh Cucumber, Lettuce & Tomato
Mandarin Oranges, Applesauce
Milk

Sausage Biscuit Sandwich
Or Cereal & Side **24**

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

Ham, Egg & Cheese Biscuit
Or Cereal & Side **27**

Chicken Drumsticks (210 calories)
Turkey & Cheese Wrap
Fresh Cauliflower, Broccoli Casserole
½ Fresh Apple,
Milk

Mini Pancakes w/ Syrup
Or Cereal & Side **28**

Beef Soft Tacos (200 cal)
Chef Salad w/ Breadstick
Lettuce & Tomato, Spanish Rice
Pears, Fresh Grapes
Milk

