

LUNCH

January 2019

Crestwood School

Fitness Tip

Try to be active for 60 minutes or more every day. Run, dance, walk the dog, climb stairs or play in the snow if you have it.

* Monday

* Tuesday

* Wednesday

* Thursday

* Friday

Holiday Vacation
No School

Holiday Vacation
No School

Holiday Vacation
No School

Holiday Vacation
No School

Institute Day
No Student Attendance

Sausage Breakfast Pizza
Or Cereal & Side

7

Cheese Quesadilla (240 calories)
Turkey & Cheese Wrap
Refried Beans, Fresh Cauliflower
Fresh Apple, Slushie
Milk

Bagel w/ Cream Cheese
Or Cereal & Side

8

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

Cinnamon Roll
Or Cereal & Side

9

Baked Ham (80 cal) w/ Corn Bread
Ham & Cheese Wrap
Au Gratin Potatoes, Fresh Cucumber
Orange Wedges, Pineapple Slices
Milk

Biscuit & Gravy
Or Cereal & Side

10

Chili Cheese Fries (190 calories)
Crispy Chicken Asian Salad w/ Breadstick
French Fries, Celery Sticks,
Fresh Apple, Peaches
Milk

Sausage Biscuit
Or Cereal & Side

11

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

Ham, Egg & Cheese English Muffin
Or Cereal & Side

14

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

Mini Pancakes w/ Syrup
Or Cereal & Side

15

Teriyaki Chicken w/ Rice (170 calories)
Greek Chicken Salad w/ Breadstick
Steamed Broccoli, Baby Carrots
Fresh Grapes, Pears
Milk

Cinnamon Roll
Or Cereal & Side

16

Corn Dog (270 calories)
Ham & Cheese Wrap
Fresh Cucumber, Tater Tots
Applesauce, Orange Wedges
Milk

Breakfast Taco
Or Cereal & Side

17

Cheese Pizza (270 calories)
Chef Salad w/ Breadstick
Sweet Fries, Romaine Lettuce
Peaches, Fresh Apple
Milk

WG Chocolate Donuts
Or Cereal & Side

18

11:35 Dismissal
No Lunch Served

MLK Jr Birthday
No School

21

Bagel w/ Cream Cheese
Or Cereal & Side

22

French Toast Sticks (300 cal) w/ Sausage
Crispy Chicken Asian Salad w/ Breadstick
Baby Carrots, Hash Brown
Pears, Fresh Grapes
Milk

Cinnamon Roll
Or Cereal & Side

23

Mozz Cheese Crunchers (300) w/ Pasta
Ham & Cheese Wrap
Fresh Cucumber, Romaine Salad
Orange Wedges, Pineapple Slices
Milk

Biscuit & Gravy
Or Cereal & Side

24

Fish Sticks (270 cal) w/ Mac & Cheese
Crispy Chicken Asian Salad w/ Breadstick
Green Peas, Cole Slaw
Fresh Apple, Peaches
Milk

Pancake Sausage Stick
Or Cereal & Side

25

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

Sausage Breakfast Pizza
Or Cereal & Side

28

Country Fried Steak w/ Gravy (260 calories)
Turkey & Cheese Wrap
Mashed Potatoes, Fresh Cauliflower
Fresh Apple, Slushie
Milk

Mini Pancakes w/ Syrup
Or Cereal & Side

29

Chicken Wings (Buffalo, BBQ or Plain)
Greek Chicken Salad w/ Breadstick
Potato Smiles, Celery Sticks
Fresh Grapes, Pears
Milk

Cinnamon Roll
Or Cereal & Side

30

BBQ Pork Nachos (265 calories)
Ham & Cheese Wrap
Baked Beans, Fresh Cucumber
Applesauce, Orange Wedges
Milk

Breakfast Taco
Or Cereal & Side

31

Chicken Nuggets (230 calories)
Chef Salad w/ WG Breadstick
Corn, Fresh Broccoli
Peaches, Fresh Apple
Milk

