

# LUNCH

January 2021

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 <sup>1</sup>  
No School

Institute Day <sup>4</sup>  
No Student Attendance

Remote Learning <sup>5</sup>  
Day

Remote Learning <sup>6</sup>  
Day

Remote Learning <sup>7</sup>  
Day

Remote Learning <sup>8</sup>  
Day

Cinnamon Sugar Donuts  
Or Cereal & Side <sup>11</sup>  
**Country Fried Steak (260 calories)**  
Turkey & Cheese Wrap  
Mashed Potatoes, Fresh Broccoli  
Slushie, Fresh Oranges  
Milk

Mini Pancakes w/ Syrup  
Or Cereal & Side <sup>12</sup>  
**Chicken Nuggets (200 calories)**  
Greek Chicken Salad w/ Breadstick  
Tater Tots, Baby Carrots  
Fresh Apple Slices, Pears  
Milk

Cinnamon Roll  
Or Cereal & Side <sup>13</sup>  
**Lasagna w/ Garlic Bread (300 calories)**  
Ham & Cheese Wrap  
Fresh Cucumber, Green Beans  
Applesauce, Fresh Banana  
Milk

Biscuit & Gravy  
Or Cereal & Side <sup>14</sup>  
**Cheese Pizza (270 calories)**  
Crispy Chicken Asian Salad w/ Breadstick  
Sweet Tots, Romaine Lettuce  
J4U, Fresh Grapes  
Milk

WG Chocolate Donuts  
Or Cereal & Side <sup>15</sup>  
  
11:35 Dismissal  
No Lunch Served

MLK Jr Birthday <sup>18</sup>  
No School

Bagel w/ Cream Cheese  
Or Cereal & Side <sup>19</sup>  
**Chicken Patty (240 calories) on Bun**  
Chef Salad w/ Breadstick  
Baby Carrots, Whole Kernel Corn  
Pears, Fresh Banana  
Milk

Cinnamon Roll  
Or Cereal & Side <sup>20</sup>  
**Corn Dog (270 calories)**  
Ham & Cheese Wrap  
Fresh Cucumber, French Fries  
Orange Wedges, Pineapple Slices  
Milk

Mini Waffles w/ Syrup  
Or Cereal & Side <sup>21</sup>  
**Cheese Quesadilla (240 calories)**  
Chicken Caesar Salad w/ Breadstick  
Refried Beans,  
Fresh Apple Slices, J4U  
Milk

Sausage Biscuit  
Or Cereal & Side <sup>22</sup>  
**Cheeseburger on Bun (300 calories)**  
Roast Beef & Cheese Wrap  
Baked Beans, Pickle  
Fruit Cocktail, Fresh Banana  
Milk

Sausage Breakfast Pizza  
Or Cereal & Side <sup>25</sup>  
**Hot Dog on Bun (260 calories)**  
Turkey & Cheese Wrap  
Potato Smiles, Fresh Cauliflower  
Fresh Apple Slices, Slushie  
Milk

Mini Pancakes w/ Syrup  
Or Cereal & Side <sup>26</sup>  
**Fish Sticks (290 cal) w/ Mac & Cheese**  
Greek Chicken Salad w/ Breadstick  
Peas, Baby Carrots  
Fresh Grapes, Pears  
Milk

Cinnamon Roll  
Or Cereal & Side <sup>27</sup>  
**General Tso's Chicken w/ Rice (190 cal)**  
Ham & Cheese Wrap  
Fresh Cucumber  
Mandarin Oranges, Fresh Banana  
Milk

Biscuit & Gravy  
Or Cereal & Side <sup>28</sup>  
**French Toast Sticks w/ Sausage (300 cal)**  
Crispy Chicken Asian Salad w/ Breadstick  
Hash Brown,  
J4U, Orange Wedges  
Milk

Pancake Sausage Stick w/ Syrup  
Or Cereal & Side <sup>29</sup>  
**Cheese Pizza (270 calories)**  
Roast Beef & Cheese Wrap  
Sweet Tots, Romaine Lettuce  
Fresh Banana, Fruit Cocktail