

LUNCH

January 2022

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

3

Institute Day
No Student Attendance

Donut Stick
Or Cereal & Side

10

Corn Dog (260 calories)
Turkey & Cheese Wrap
French Fries, Fresh Broccoli
Applesauce, Fresh Oranges
Milk

17

MLK Jr Birthday
No School

Ham, Egg & Cheese Biscuit
Or Cereal & Side

24

Country Fried Steak (270 calories)
Turkey & Cheese Wrap
Fresh Broccoli, Mashed Potatoes
Fresh Orange, Applesauce
Milk

31

Donut Stick
Or Cereal & Side
Hot Ham & Cheese on Bun (260 calories)
Turkey & Cheese Wrap
Tater Tots, Fresh Broccoli
Applesauce, Fresh Oranges
Milk

* Tuesday

4

Mini Pancakes w/ Syrup
Or Cereal & Side

Chicken Patty (240 calories) on Bun
Greek Salad w/ Breadstick
Baby Carrots, Whole Kernel Corn
Pears, Fresh Banana

11

Bagel w/ Cream Cheese
Or Cereal & Side

Chicken Nuggets (249 calories)
Chef Salad w/ Breadstick
Whole Kernel Corn, Baby Carrots
Fresh Banana, Pears
Milk

18

Mini Pancakes w/ Syrup
Or Cereal & Side

Hot Dog on Bun (200 calories)
Greek Chicken Salad w/ Breadstick
Tater Tots, Cole Slaw
Pears, Fresh Banana
Milk

25

Bagel w/ Cream Cheese
Or Cereal & Side

Cheese Quesadilla (240 calories)
Chef Salad w/ Breadstick
Baby Carrots, Mashed Potatoes
Fresh Banana, Pears
Milk

26

Mini Pancakes w/ Syrup
Or Cereal & Side

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

* Wednesday

5

Cinnamon Roll
Or Cereal & Side

Spaghetti w/ Garlic Bread (220 calories)
Ham & Cheese Wrap
Green Beans, Fresh Cucumber
Apple Slices, Peaches
Milk

12

Cinnamon Roll
Or Cereal & Side

Chili Cheese Fries (260 calories)
Ham & Cheese Wrap
Fresh Cucumber, Refried beans
Peaches, Apple Slices
Milk

19

Cinnamon Roll
Or Cereal & Side

Sweet & Sour Chicken w/ Rice (260 calories)
Ham & Cheese Wrap
Fresh Cucumber
Apple Slices, Peaches
Milk

26

Cinnamon Roll
Or Cereal & Side

Sloppy Joe on Bun (210 calories)
Ham & Cheese Wrap
Fresh Cucumber, Whole Kernel Corn
Peaches, Apple Slices
Milk

27

Cinnamon Roll
Or Cereal & Side

Teriyaki Chicken (170 calories) w/ Veg Rice
Ham & Cheese Wrap
Fresh Cucumber
Apple Slices, Peaches
Milk

* Thursday

6

Biscuit & Gravy
Or Cereal & Side

Chicken Tender Wrap (220 calories)
Chicken Caesar Salad w/ Breadstick
Steamed Carrots
Fresh Grapes, Pineapple
Milk

13

Mini Waffles w/ Syrup
Or Cereal & Side

Cheese Pizza (270 calories)
Popcorn Chicken Salad w/ Breadstick
Sweet Fries, Romaine Lettuce
Pineapple, Fresh Grapes
Milk

20

Biscuit & Gravy
Or Cereal & Side

Turkey & Noodles (220 calories)
Chicken Caesar Salad w/ Breadstick
Mashed Potatoes
Fresh Grapes, Pineapple
Milk

27

Mini Waffles w/ Syrup
Or Cereal & Side

Baked Ham (90 calories) w/ Corn Bread
Popcorn Chicken Salad w/ Breadstick
Cheesy Potatoes,
Pineapple, Fresh Grapes
Milk

28

Biscuit & Gravy
Or Cereal & Side

Beefy Cheesy Nachos (270 calories)
Chicken Caesar Salad w/ WG Breadstick
Refried Beans
Fresh Grapes, Pineapple
Milk

* Friday

7

Sausage Breakfast Pizza
Or Cereal & Side

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

14

Blueberry Muffin
Or Cereal & Side

11:35 Dismissal
No Lunch Served

21

Pancake Sausage Stick
Or Cereal & Side

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

28

Sausage Biscuit
Or Cereal & Side

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

29

Pancake Sausage Stick
Or Cereal & Side

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