

# LUNCH

January 2023

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

Holiday Vacation  
No School

2

### \* Tuesday

Institute Day  
No Student Attendance

3

### \* Wednesday

Cinnamon Roll  
Or Cereal & Side  
**Fish Sticks (270 cal) w/ Mac & Cheese**  
Ham & Cheese Wrap  
Fresh Cucumber, Green Beans  
Apple Slices, Fresh Grapes  
Milk

4

### \* Thursday

Donut  
Or Cereal & Side  
**Chicken Fajita (200 calories)**  
Chicken Caesar Salad w/ Breadstick  
Corn,  
Applesauce, Oranges Wedges  
Milk

5

### \* Friday

Sausage Biscuit Sandwich  
Or Cereal & Side  
**Cheese Pizza (270 calories)**  
Roast Beef & Cheese Wrap  
Sweet Fries, Romaine Salad  
Fresh Banana, Fruit Cocktail  
Milk

6

Waffles w/ Syrup  
Or Cereal & Side

9

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

Bagel w/ Cream Cheese  
Or Cereal & Side

10

**Turkey & Noodles (220 calories)**  
Greek Chicken Salad w/ Breadstick  
Mashed Potatoes  
Pear, 1/2 Fresh Apple  
Milk

Cinnamon Roll  
Or Cereal & Side

11

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

Biscuit & Gravy  
Or Cereal & Side

12

**Grilled Cheese (190 calories) w/ Soup**  
Crispy Chicken Asian Salad w/ Breadstick  
Tomato Soup, Celery Sticks,  
Applesauce, Fresh Grapes  
Milk

Muffin  
Or Cereal & Side

13

11:35 Dismissal  
No Lunch Served

MLK Jr Birthday  
No School

16

Mini Pancakes w/ Syrup  
Or Cereal & Side

17

**Hot Dog on Bun (230 calories)**  
Chef Salad w/ Breadstick  
Cole Slaw, Potato Smiles  
Pears, Fresh Apple  
Milk

Cinnamon Roll  
Or Cereal & Side

18

**Sloppy Joe on Bun (220 calories)**  
Ham & Cheese Wrap  
Fresh Cucumber, Green Peas  
Orange Slices, Applesauce  
Milk

Donut  
Or Cereal & Side

19

**Hot Ham & Cheese (200 calories)**  
Chicken Caesar Salad w/ Breadstick  
Corn, Celery Sticks  
Fresh Grapes, Peaches  
Milk

Sausage Biscuit Sandwich  
Or Cereal & Side

20

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

Ham, Egg & Cheese Biscuit  
Or Cereal & Side

23

**Chicken Nuggets (230 calories)**  
Turkey & Cheese Wrap  
Corn, Fresh Broccoli  
Fruit Banana,  
Milk

Bagel w/ Cream Cheese  
Or Cereal & Side

24

**Corn Dog (270 calories)**  
Greek Chicken Salad w/ Breadstick  
Baby Carrots, Tater Tots  
Fresh Grapes, Pears  
Milk

Cinnamon Roll  
Or Cereal & Side

25

**French Toast Sticks (300 cal) w/ Sausage**  
Crispy Chicken Asian Salad w/ Breadstick  
Celery Sticks, Hash Brown  
Mandarin Oranges, Fresh Apple Slices  
Milk

Biscuit & Gravy  
Or Cereal & Side

26

**Chicken Patty on Bun (260 calories)**  
Crispy Chicken Asian w/ Breadstick  
Au Gratin Potatoes, Orange Wedges  
Applesauce  
Milk

Pancake Wrapped Sausage  
Or Cereal & Side

27

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

Sausage Breakfast Pizza  
Or Cereal & Side

30

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

Mini Pancakes w/ Syrup  
Or Cereal & Side

31

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

