

LUNCH

March 2018

Crestwood School

Lunch Fact

Only one in 10 American kids gets enough vitamin D, and about six out of 10 kids get the recommended amount of calcium.

Reference: CDC; NHANES 2009-10 (Day 1 & 2)

* Monday



* Tuesday



* Wednesday



* Thursday

Bacon Breakfast Pizza
Or Cereal & Side **1**

Cheeseburger on Bun (300 calories)
Chef Salad w/ Breadstick
Lettuce & Tomato, Baked Beans
Fresh Apple, Pineapple Slices
Milk

* Friday

Pancake Wrapped Sausage
Or Cereal & Side **2**

Green Eggs & Ham
Roast Beef & Cheese Wrap
Hash Brown, Baby Carrots
Fresh Banana, Fruit Cocktail
Milk

Breakfast Sausage Pizza
Or Cereal & Side **5**

Hot Dog (270 calories)
Turkey & Cheese Wrap
Fresh Broccoli, French Fries
Juice Blend, Fresh Apple
Milk

Bagel w/ Cream Cheese
Or Cereal & Side **6**

Cheese Quesadilla (260 calories)
Chicken Caesar Salad w/ Breadstick
Refried Beans, Baby Carrots
Pears, Fresh Grapes
Milk

Biscuit & Gravy
Or Cereal & Side **7**

Sloppy Joe on Bun (220 calories)
Ham & Cheese Wrap
Corn, Fresh Cucumber
Peaches, Fresh Apple
Milk

Cinnamon Roll
Or Cereal & Side **8**

Chicken Nuggets (230 calories)
Crispy Chicken Asian Salad w/ Breadstick
Celery Sticks, Mashed Potatoes
Fresh Oranges, Applesauce
Milk

Sausage Biscuit Sandwich
Or Cereal & Side **9**

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

Ham, Egg & Cheese English Muffin
Or Cereal & Side **12**

Country Fried Steak (260 calories)
Turkey & Cheese Wrap
Mashed Potatoes, Fresh Broccoli
Juice Blend, Fresh Apple
Milk

Mini Pancakes w/ Syrup
Or Cereal & Side **13**

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

Biscuit & Gravy
Or Cereal & Side **14**

Cheeseburger on Bun (300 calories)
Ham & Cheese Wrap
Lettuce & Tomato, Baked Beans
Fresh Oranges, Peaches
Milk

Bacon Breakfast Pizza
Or Cereal & Side **15**

Beefy Cheesy Nachos (235 calories)
Chef Salad w/ Breadstick
Refried Beans, Fresh Cucumber
Fresh Apple, Pineapple Slices
Milk

Pancake Wrapped Sausage
Or Cereal & Side **16**

Grilled Cheese w/ Tomato Soup
Roast Beef & Cheese Wrap
Tomato Soup, Sweet Puffs
Fresh Banana, Fruit Cocktail
Milk

Breakfast Sausage Pizza
Or Cereal & Side **19**

Turkey & Noodles (220 calories)
Turkey & Cheese Wrap
Fresh Cauliflower, Mashed Potatoes
Fresh Apple, Juice Blend
Milk

Bagel w/ Cream Cheese
Or Cereal & Side **20**

French Toast Sticks w/ Sausage
Chicken Caesar Salad w/ Breadstick
Baby Carrots, Hash Brown
Pears, Fresh Grapes
Milk

Biscuit & Gravy
Or Cereal & Side **21**

Taco Max Snacks (260 calories)
Ham & Cheese Wrap
Refried Beans, Fresh Cucumber
Peaches, Fresh Apple
Milk

Cinnamon Roll
Or Cereal & Side **22**

Cheese Pizza (270 calories)
Crispy Chicken Asian Salad w/ Breadstick
Romaine Lettuce, Sweet fries
Applesauce, Fresh Oranges
Milk

Sausage Biscuit Sandwich
Or Cereal & Side **23**

Fish Sticks (270) w/ Macaroni & Cheese
Roast Beef & Cheese Wrap
Green Peas, Cole Slaw
Fruit Cocktail, Fresh Banana
Milk

26
Spring Break
No School

27
Spring Break
No School

28
Spring Break
No School

29
Spring Break
No School

30
Spring Break
No School