

LUNCH

March 2020

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

Mini Pancakes w/ Syrup

Or Cereal & Side

2

Green Eggs & Ham w/ Biscuit

Turkey & Cheese Wrap
Seasoned Diced Potatoes, Fresh Broccoli
Fresh Apple, Slushie

Milk **Happy Birthday Dr. Seuss!!!**

* Tuesday

Sausage Breakfast Pizza

Or Cereal & Side

3

Chicken Nuggets (230 calories)

Greek Chicken Salad w/ Breadstick
Baby Carrots, Mashed Potatoes w/ Gravy
Fresh Grapes, Pineapple
Milk

* Wednesday

Cinnamon Roll

Or Cereal & Side

4

Sloppy Joe on Bun (220 calories)

Ham & Cheese Wrap
Corn, Fresh Cucumber
Fresh Oranges, Applesauce
Milk

* Thursday

Biscuit & Gravy

Or Cereal & Side

5

Chili (190 calories) w/ Corn Bread Muffin

Crispy Asian Chicken Salad w/ Breadstick
Celery Sticks
Pears, Fresh Apple
Milk

* Friday

Pancake Wrapped Sausage Stick

Or Cereal & Side

6

Cheese Pizza (270 calories)

Roast Beef & Cheese Wrap
Romaine Lettuce, Sweet tots
Fresh Banana, Fruit Cocktail
Milk

Cinnamon Sugar Mini Donuts

Or Cereal & Side

9

Salisbury Steak (260 calories)

Turkey & Cheese Wrap
Baby Carrots, Mashed Potatoes w/ Gravy
Slushie, Fresh Apple
Milk

Bagel w/ Cream Cheese

Or Cereal & Side

10

Chicken Patty on Bun (300 calories)

Chicken Caesar Salad w/ Breadstick
Corn, Lettuce & Tomato
Pears, Fresh Banana
Milk

Cinnamon Roll

Or Cereal & Side

11

Lasagna w/ Garlic Bread (320 calories)

Ham & Cheese Wrap
Green Beans, Fresh Cucumber
Fresh Oranges, Pineapple
Milk

Mini Waffles w/ Syrup

Or Cereal & Side

12

Cheeseburger on Bun (300 calories)

Chef Salad w/ Breadstick
French Fries, Tomato & Pickle
Fresh Apple, J4U
Milk

WG Chocolate Donuts

Or Cereal & Side

13

**11:35 Dismissal
No Lunch Served**

Ham, Egg & Cheese English Muffin

Or Cereal & Side

16

Sausage Pizza (290 calories)

Turkey & Cheese Wrap
Romaine Lettuce, Fresh Broccoli
Fresh Apple, Slushie
Milk

Mini Pancakes w/ Syrup

Or Cereal & Side

17

Grilled Cheese w/ Soup (190 calories)

Greek Chicken Salad w/ Breadstick
Baby Carrots, Tomato Soup
Fresh Grapes, Pears
Milk

Cinnamon Roll

Or Cereal & Side

18

BBQ Rib Patty on Bun (300 calories)

Ham & Cheese Wrap
Baked Beans, Fresh Cucumber
Fresh Oranges, Applesauce
Milk

Biscuit & Gravy

Or Cereal & Side

19

Turkey & Noodles (230 calories)

Crispy Chicken Asian Salad w/ Breadstick
Celery Sticks, Mashed Potatoes
Fresh Apple, Pineapple Slices
Milk

Sausage Biscuit Sandwich

Or Cereal & Side

20

Fish Sticks w/ Mac & Cheese (170 calories)

Roast Beef & Cheese Wrap
Peas, Cole Slaw
Fruit Cocktail, Fresh Banana
Milk

Cinnamon Sugar Mini Donuts

Or Cereal & Side

23

Shredded BBQ Pork Baked Potato

Turkey & Cheese Wrap
Fresh Cauliflower, Cheese & Sour Cream
Fresh Apple, Slushie
Milk

Bagel w/ Cream Cheese

Or Cereal & Side

24

Cheeseburger on Bun (300 calories)

Chicken Caesar Salad w/ Breadstick
Pickle & Tomato, Baked Beans
Pears, Fresh Banana
Milk

Cinnamon Roll

Or Cereal & Side

25

Chicken Pot Pie w/ Biscuit (300 calories)

Ham & Cheese Wrap
Green Beans, Cucumber
Pineapple, Fresh Oranges
Milk

Sausage Breakfast Pizza

Or Cereal & Side

26

French Toast Sticks (300) w/ Sausage

Chef Salad w/ Breadstick
Hash Brown, Baby Carrots
Peaches, Fresh Grapes
Milk

Pancake Wrapped Sausage Stick

Or Cereal & Side

27

Cheese Pizza (270 calories)

Roast Beef & Cheese Wrap
Romaine Lettuce, Sweet tots
Fresh Banana, Fruit Cocktail
Milk

Ham, Egg & Cheese English Muffin

Or Cereal & Side

30

Chicken Tacos (135 calories)

Turkey & Cheese Wrap
Fresh Cauliflower, Lettuce & Tomato
Slushie, Fresh Apple
Milk

Mini Pancakes w/ Syrup

Or Cereal & Side

31

Corn Dog (270 calories)

Greek Chicken Salad w/ Breadstick
Tater Tots, Baby Carrots
Fresh Grapes, Pears
Milk

