

LUNCH

March 2023

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

Cinnamon Roll
Or Cereal & Side **1**

Chicken Fajita (170 calories)
Ham & Cheese Wrap
Steamed Broccoli, Fresh Cucumber
Fresh Apple, Mandarin Oranges
Milk

* Thursday

Breakfast Pizza
Or Cereal & Side **2**

Green Eggs & Ham
Chicken Caesar Salad w/ Breadstick
Hash Brown, Baby Carrots
Fresh Oranges, Pineapple Slices
Milk **Dr. Seuss Birthday**

* Friday

Muffin
Or Cereal & Side **3**

11:35 Dismissal
No Lunch Served

Waffles w/ Syrup
Or Cereal & Side **6**

Country Fried Steak w/ gravy (260 calories)
Turkey & Cheese Wrap
Mashed Potatoes, Fresh Broccoli
, Fresh Apple
Milk

Bagel w/ Cream Cheese
Or Cereal & Side **7**

Hot Ham & Cheese (200 calories)
Greek Chicken Salad w/ Breadstick
Corn, Baby Carrots
Pears, Fresh Grapes
Milk

Cinnamon Roll
Or Cereal & Side **8**

Cheese Quesadilla (260 calories)
Ham & Cheese Wrap
Fresh Cucumbers, Refried Beans
Peaches, Fresh Apple
Milk

Biscuit & Gravy
Or Cereal & Side **9**

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

Pancake Wrapped Sausage
Or Cereal & Side **10**

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

Ham, Egg & Cheese Biscuit
Or Cereal & Side **13**

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

Mini Pancakes w/ Syrup
Or Cereal & Side **14**

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

Cinnamon Roll
Or Cereal & Side **15**

Cheese Burger Meatloaf (220 calories)
Ham & Cheese Wrap
Fresh Cucumber, Mashed Potatoes & Gravy
Fresh Oranges, Peaches
Milk

Breakfast Pizza
Or Cereal & Side **16**

Beefy Cheesy Nachos (235 calories)
Chicken Caesar Salad w/ Breadstick
Refried Beans, Celery Sticks
Fresh Orange, Pineapple Slices
Milk

Sausage Biscuit Sandwich
Or Cereal & Side **17**

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

Waffles w/ Syrup
Or Cereal & Side **20**

Chicken Patty on Bun (260 calories)
Turkey & Cheese Wrap
Au-Gratin Potatoes, Fresh Broccoli
Fresh Kiwi, Fresh Apple
Milk

Bagel w/ Cream Cheese
Or Cereal & Side **21**

Chili Cheese Fries (320 calories)
Greek Chicken Salad w/ Breadstick
Baby Carrots, French Fries
Pears, Fresh Grapes
Milk

Cinnamon Roll
Or Cereal & Side **22**

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

Biscuit & Gravy
Or Cereal & Side **23**

Cheeseburger on Bun (300 calories)
Crispy Asian Chicken Salad w/ Breadstick
Lettuce & Tomato, Baked Beans
Fresh Apple, Mandarin Oranges
Milk

Pancake Wrapped Sausage
Or Cereal & Side **24**

French Toast Sticks (300) w/ Sausage
Roast Beef & Cheese Wrap
Hash Brown, Celery Sticks
Fruit Cocktail, Banana
Milk

Ham, Egg & Cheese Biscuit
Or Cereal & Side **27**

Grilled Cheese w/ Tomato Soup (190 cal)
Turkey & Cheese Wrap
Fresh Cauliflower, Sliced Carrots
Fresh Apple,
Milk

Mini Pancakes w/ Syrup
Or Cereal & Side **28**

Oven Fried Chicken Leg
Chef Salad w/ Breadstick
Mashed Potato & gravy, Baby Carrots
Fresh Grapes, Pineapple Slices
Milk

Cinnamon Roll
Or Cereal & Side **29**

Spaghetti (360 calories) w/ Garlic Bread
Ham & Cheese Wrap
Green Beans, Fresh Cucumber
Fresh Apple, Peaches
Milk

Breakfast Pizza
Or Cereal & Side **30**

Hot Dog on Bun (230 calories)
Chicken Caesar Salad w/ Breadstick
Steamed Broccoli, Celery Sticks
Fresh Kiwi, Applesauce
Milk

Sausage Biscuit Sandwich
Or Cereal & Side **31**

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