

# LUNCH

May 2019

Crestwood School

## Lunch Fact

MyPlate recommends:

- Children need at least 60 minutes of physical activity every day.
- Be active together as a family.
- Physical activity should be developmentally-appropriate, fun, and offer variety.

Reference: USDA. MyPlate.gov. Internet: <http://www.myplate.gov/>.



### \* Monday

### \* Tuesday

### \* Wednesday

### \* Thursday

### \* Friday



Cinnamon Roll  
Or Cereal & Side **1**

**Turkey Tetrazzini (360 cal)w/ Garlic Bread**  
Ham & Cheese Wrap  
Green Beans, Fresh Cucumber  
Fresh Oranges, Applesauce  
Milk

Biscuit & Gravy  
Or Cereal & Side **2**

**Baked Ham (80 calories) w/ Corn Bread**  
Chef Salad w/ Breadstick  
Baby Carrots, Baked Potato  
Peas, Fresh Grapes  
Milk

WG Chocolate Donut  
Or Cereal & Side **3**

**11:35 Dismissal**  
**No Lunch Served**

Ham, Egg & Cheese English Muffin  
Or Cereal & Side **6**

**Cheese Quesadilla (260 calories)**  
Turkey & Cheese Wrap  
Refried Beans, Fresh Broccoli  
Fresh Apple, Slushie  
Milk

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

**Salisbury Steak (260 calories)**  
Chicken Caesar Salad w/ Breadstick  
Baby Carrots, Mashed Potatoes  
Pear ½, Fresh Grapes  
Milk

Cinnamon Roll  
Or Cereal & Side **8**

**Chicken Chili Crisпитos (270 calories)**  
Ham & Cheese Wrap  
Spanish Rice, Fresh Cucumber  
Fresh Oranges, Applesauce  
Milk

Waffles w/ Syrup  
Or Cereal & Side **9**

**Fish Sticks (270 calories ) w/ Mac & Cheese**  
Crispy Chicken Asian Salad w/ Breadstick  
Fresh Cauliflower, Green Peas  
Peach ½, Fresh Apple  
Milk

Sausage Biscuit  
Or Cereal & Side **10**

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

Cinn/Sugar Mini Donuts  
Or Cereal & Side **13**

**Turkey & Noodles (220 calories)**  
Wrap  
Fresh Broccoli, Mashed Potatoes  
Slushie, Fresh Apple  
Milk

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

**French Toast Sticks (300 cal) w/ Sausage**  
Salad w/ Breadstick  
Hash Brown, Celery Sticks  
Pears, Fresh Grapes  
Milk

Cinnamon Roll  
Or Cereal & Side **15**

**Chicken Nuggets (230 calories)**  
Wrap  
Fresh Cucumber, Corn  
Pineapple Slices, Fresh Oranges  
Milk

Hot Breakfast Item  
Or Cereal & Side **16**

**Hot Dog or Coney Dog on Bun (230 cal)**  
Salad w/ Breadstick  
Potato Smiles, Cole Slaw  
Fresh Apple, Peach ½  
Milk

Hot Breakfast Item  
Or Cereal & Side **17**

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

Breakfast Entrée  
Or Cereal & Side **20**

Entrée  
Fruit/ Vegetable  
Milk

Breakfast Entrée  
Or Cereal & Side **21**

Entrée  
Fruit/ Vegetable  
Milk

Breakfast Entrée  
Or Cereal & Side **22**

Entrée  
Fruit/ Vegetable  
Milk

Cereal & Side **23**

**10:00 Dismissal**  
**No Lunch Served**

**24**

**Teacher Institute**  
**No Student Attendance**

**27**

**28**

**29**

**30**

**31**

**May is National Physical Fitness and Sports Month**