

LUNCH

May 2021

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

Cinn /Sugar Mini Donuts **3**
Or Cereal & Side
Hot Dog on Bun (230 cal)
 Wrap
 Potato Smiles, Cole Slaw
 Fresh Oranges, Slushie

Bagel w/ Cream Cheese **4**
Or Cereal & Side
Lasagna w/ Garlic Bread
 Salad w/ Breadstick
 Green Beans, Baby Carrots
 Pears, Fresh Bananas
 Milk

Cinnamon Roll **5**
Or Cereal & Side
BBQ Rib/ BBQ Chicken Patty (360 cal)
 Wrap
 Corn, Fresh Cucumber
 Fresh Apple Slices, Pineapple
 Milk

Waffles w/ Syrup **6**
Or Cereal & Side
Cheeseburger on Bun (300 calories)
 Salad w/ Breadstick
 French Fries, Pickle
 Fruit Cocktail, Fresh Grapes
 Milk

WG Chocolate Donut **7**
Or Cereal & Side
11:35 Dismissal
No Lunch Served

Breakfast Burrito **10**
Or Cereal & Side
Max Snax/ Cheese Quesadilla (260 calories)
 Wrap
 Refried Beans, Fresh Broccoli
 Fresh Oranges, Slushie
 Milk

Pancakes w/ Syrup **11**
Or Cereal & Side
Chicken Nuggets (230 calories)
 Salad w/ Breadstick
 Baby Carrots, Tater Tots
 Fresh Banana, Pears
 Milk

Cinnamon Roll **12**
Or Cereal & Side
Sloppy Joe on Bun (270 calories)
 Wrap
 Steamed Broccoli, Fresh Cucumber
 Mandarin Oranges, Fresh Apple Slices
 Milk

Biscuit & Gravy **13**
Or Cereal & Side
Fish Sticks/ Popcorn Shrimp (270 calories)
 Salad w/ Breadstick
 French Fries
 Grapes, Applesauce
 Milk

Pancake Sausage Stick **14**
Or Cereal & Side
Cheese Pizza (270 calories)
 Wrap
 Sweet Tots, Romaine Salad
 Fresh Banana, Fruit Cocktail
 Milk

Breakfast Entrée **17**
Or Cereal & Side
 Entrée
 Fruit/ Vegetable
 Milk

Breakfast Entrée **18**
Or Cereal & Side
 Entrée
 Fruit/ Vegetable
 Milk

19

20

21

24

25

26

27

28

31

May is National Physical Fitness and Sports Month