

LUNCH

May 2023

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

Bacon, Egg & Cheese Biscuit
Or Cereal & Side **1**

Corn Dog (250 calories)
Turkey & Cheese Wrap
Baby Carrots, Tater Tots
J4U, Fresh Banana
Milk

Mini Pancakes w/ Syrup
Or Cereal & Side **2**

Chicken Tender Wrap (240 calories)
Chef Salad w/ Breadstick
Corn, Lettuce & Tomato
Pear ½, Fresh Grapes
Milk

Cinnamon Roll
Or Cereal & Side **3**

French Toast Sticks (300 cal) w/ Sausage
Ham & Cheese Wrap
Hash Brown, Celery Sticks
Peach ½, Fresh Apple
Milk

Breakfast Sausage Pizza
Or Cereal & Side **4**

Baked Ham (360 calories) w/ Corn Bread
Chicken Caesar Salad w/ Breadstick
Au-Gratin Potatoes, Fresh Cucumber
Fresh Oranges, Applesauce

Blueberry Muffin
Or Cereal & Side **5**

11:35 Dismissal
No Lunch Served

Waffles w/ Syrup
Or Cereal & Side **8**

Cheese Quesadilla (260 calories)
Turkey & Cheese Wrap
Refried Beans, Fresh Broccoli
Fresh Apple Slices, J4U
Milk

Bagel w/ Cream Cheese
Or Cereal & Side **9**

Turkey & Noodles (220 calories)
Greek Chicken Salad w/ Breadstick
Baby Carrots, Mashed Potatoes
Pear ½, Fresh Grapes
Milk

Cinnamon Roll
Or Cereal & Side **10**

Chili Soup w/ Corn Bread(220 calories)
Ham & Cheese Wrap
Fresh Cauliflower,
Peach ½, Fresh Apple
Milk

Donut
Or Cereal & Side **11**

Chicken Patty Sandwich (240 calories)
Crispy Asian Chicken Salad w/ Breadstick
Green Beans, Fresh Cucumber
Fresh Oranges, Applesauce

Sausage Biscuit
Or Cereal & Side **12**

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

Blueberry Muffin
Or Cereal & Side **15**

Country Fried Steak (260 calories)
Turkey & Cheese Wrap
Fresh Broccoli, Mashed Potatoes
J4U, Fresh Apple
Milk

Mini Pancakes w/ Syrup
Or Cereal & Side **16**

BBQ Pork Nachos (275 calories)
Chicken Caesar Salad w/ Breadstick
Refried Beans, Baby Carrots
Fresh Grapes, Pear ½
Milk

Cinnamon Roll
Or Cereal & Side **17**

Chicken Nuggets (230 calories)
Ham & Cheese Wrap
Fresh Cucumber, Corn
Pineapple Slices, Fresh Kiwi
Milk

Biscuit & Gravy
Or Cereal & Side **18**

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

Pancake Wrapped Sausage
Or Cereal & Side **19**

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

Breakfast Entrée
Or Cereal & Side **22**

Entrée
Fruit/ Vegetable
Milk

Breakfast Entrée
Or Cereal & Side **23**

Entrée
Fruit/ Vegetable
Milk

24

Teacher Institute
No Student Attendance

25

26

29

30

31

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