

LUNCH

May 2017

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

Ham, Egg & Cheese English Muffin
Or Cereal & Side **1**

Beef Soft Tacos (200 calories)
Turkey & Cheese Wrap
Refried Beans, Lettuce & Tomato
Slushie, Fresh Apple
Milk

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

Corn Dog (270 calories)
Chicken Caesar Salad w/ Breadstick
Baby Carrots, Tater Tots
Pear ½, Fresh Grapes
Milk

Biscuit & Gravy
Or Cereal & Side **3**

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

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

French Toast Sticks (300 cal) w/ Sausage
Chef Salad w/ Breadstick
Hash Brown, Celery Sticks
Peach ½, Fresh Apple
Milk

WG Chocolate Donuts
Or Cereal & Side **5**

11:35 Dismissal
No Lunch Served

Breakfast Sausage Pizza
Or Cereal & Side **8**

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

Biscuit & Gravy
Or Cereal & Side **10**

Chicken Philly Sandwich (240 calories)
Ham & Cheese Wrap
Rice Casserole w/ Veggies, Fresh Cucumber
Fresh Oranges, Applesauce
Milk

Cinnamon Roll
Or Cereal & Side **11**

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 **12**

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

Ham, Egg & Cheese English Muffin
Or Cereal & Side **15**

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

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

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

Biscuit & Gravy
Or Cereal & Side **17**

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

Bacon Breakfast Pizza
Or Cereal & Side **18**

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