

# LUNCH

November 2020

Crestwood School

## Nutrition Tip

Increase veggie intake for the whole family. Here are some ideas:

- Double the vegetables prepared for dinner and use the leftovers in meals the next day.
- Stuff leftover asparagus or peas with sliced turkey and cheese into a pita.
- Stock up on frozen and canned vegetables for quick additions to meals.

### \* Monday

Waffles w/ Syrup  
Or Cereal & Side

2

#### **Bnls Chicken Drumsticks (260 calories)**

Turkey & Cheese Wrap  
Baby Carrots, Tater Tots  
Slushie, Orange Wedges  
Milk

Mini Cinn/ Sugar Donuts  
Or Cereal & Side

9

#### **Country Fried Steak w/ Gravy (260 calories)**

Turkey & Cheese Wrap  
Mashed Potatoes, Fresh Broccoli  
Orange Wedges, Slushie  
Milk

Waffles w/ Syrup  
Or Cereal & Side

16

#### **Chicken Nuggets (260 calories)**

Turkey & Cheese Wrap  
Potato Smiles, Fresh Cauliflower  
Slushie, Orange Wedges  
Milk

Mini Cinn/ Sugar Donuts  
Or Cereal & Side

23

#### **Taco Max Snacks (300 cal)**

Turkey & Cheese Wrap  
Fresh Broccoli, Refried Beans  
Orange Wedges, Slushie  
Milk

Waffles w/ Syrup  
Or Cereal & Side

30

#### **French Toast Sticks w/ Sausage (300 cal)**

Turkey & Cheese Wrap  
Hash Brown Patty, Fresh Cauliflower  
Slushie, Orange Wedges  
Milk

### \* Tuesday

Election Day  
No School

Mini Pancakes w/ Syrup  
Or Cereal & Side

10

#### **Hot Dog on Bun (240 calories)**

Greek Salad w/ Breadstick  
Cole Slaw, Baked Beans  
Pears, Fresh Banana  
Milk

Bagel w/ Cream Cheese  
Or Cereal & Side

17

#### **Lasagna Rollup w/ Garlic Bread (260 cal)**

Chef Salad w/ Breadstick  
Green Beans, Baby Carrots  
Fresh Apple, Pears  
Milk

Mini Pancakes w/ Syrup  
Or Cereal & Side

24

#### **Turkey & Noodles (220 calories)**

Greek Salad w/ Breadstick  
Baby Carrots, Mashed Potatoes  
Fresh Bananas, Pears  
Milk

### \* Wednesday

Bacon Breakfast Pizza  
Or Cereal & Side

4

#### **Sloppy Joe on Bun (220 calories)**

Ham & Cheese Wrap  
Potato Smiles, Fresh Cucumbers  
Fresh Banana, Pineapple Slices  
Milk

Veteran's Day  
No School

Cinnamon Roll  
Or Cereal & Side

18

#### **Sweet & Sour Chicken w/ Rice (170 calories)**

Ham & Cheese Wrap  
Sliced Carrots, Fresh Cucumber  
Pineapple, Apple Slices  
Milk

Thanksgiving Break  
No School

### \* Thursday

Cinnamon Roll  
Or Cereal & Side

5

#### **Chicken Tender Wrap (300 calories)**

Crispy Asian Chicken Salad w/ Breadstick  
Corn,  
Applesauce, Fresh Grapes  
Milk

Biscuit & Gravy  
Or Cereal & Side

12

#### **Chili Cheese Fries (210 calories)**

Chicken Caesar Salad w/ Breadstick  
French Fries,  
Fresh Grapes, Peaches  
Milk

Sausage Biscuit  
Or Cereal & Side

19

#### **BBQ Pork Nachos (265 calories)**

Crispy Asian Chicken Salad w/ Breadstick  
Baked Beans,  
Peaches, Fresh Grapes  
Milk

Thanksgiving Day  
No School

### \* Friday

Sausage Biscuit  
Or Cereal & Side

6

#### **Cheeseburger on Bun (300 calories)**

Roast Beef & Cheese Wrap  
French Fries, Pickles  
Fresh Apple Slices, Fruit Cocktail  
Milk

Pancake Wrapped Sausage  
Or Cereal & Side

13

#### **Cheese Pizza (270 calories)**

Roast Beef & Cheese Wrap  
Sweet Tots, Romaine Lettuce Salad  
Fresh Banana, Fruit Cocktail  
Milk

Cinnamon Roll  
Or Cereal & Side

20

#### **Cheeseburger on Bun (270 calories)**

Roast Beef & Cheese Wrap  
Pickles, French Fries  
Fruit Cocktail, Fresh Banana  
Milk

Thanksgiving Break  
No School