

# LUNCH

November 2021

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

Donut Stick  
Or Cereal & Side

1

#### Chicken Patty on Bun (260 calories)

Turkey & Cheese Wrap  
Fresh Broccoli, Corn  
Applesauce, Orange Wedges  
Milk

### \* Tuesday

Bagel W/ Cream Cheese  
Or Cereal & Side

2

#### Beefy Cheesy Nachos (260 calories)

Greek Salad w/ Breadstick  
Baby Carrots, Refried Beans  
Fresh Banana, Pears  
Milk

### \* Wednesday

Cinnamon Roll  
Or Cereal & Side

3

#### Spaghetti w/ Meat Sauce (220 calories)

Ham & Cheese Wrap  
Green Beans, Fresh Cucumbers  
Apple Slices, Peaches  
Milk

### \* Thursday

Breakfast Pizza  
Or Cereal & Side

4

#### Chicken Tender Wrap (300 calories)

Crispy Asian Chicken Salad w/ Breadstick  
Steamed Carrots,  
Pineapple, Fresh Grapes  
Milk

### \* Friday

Sausage Biscuit  
Or Cereal & Side

5

#### Cheeseburger on Bun (300 calories)

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

Ham, Egg & Cheese Biscuit  
Or Cereal & Side

8

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

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

Mini Pancakes w/ Syrup  
Or Cereal & Side

9

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

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

Cinnamon Roll  
Or Cereal & Side

10

#### Teriyaki Chicken w/ Rice (170 calories)

Ham & Cheese Wrap  
Fresh Cucumber  
Peaches, Apple Slices  
Milk

11

Veteran's Day  
No School

Pancake Wrapped Sausage  
Or Cereal & Side

12

#### Cheese Pizza (270 calories)

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

Donut Stick  
Or Cereal & Side

15

#### Chicken Nuggets (260 calories)

Turkey & Cheese Wrap  
Potato Smiles, Fresh Broccoli  
Applesauce, Orange Wedges  
Milk

Bagel w/ Cream Cheese  
Or Cereal & Side

16

#### Chili Cheese Fries (260 cal)

Greek Salad w/ Breadstick  
French Fries, Baby Carrots  
Fresh Banana, Pears  
Milk

Cinnamon Roll  
Or Cereal & Side

17

#### Sloppy Joe on Bun (210 calories)

Ham & Cheese Wrap  
Corn, Fresh Cucumbers  
Apple Slices, Peaches  
Milk

18

Biscuit & Gravy  
Or Cereal & Side

#### Turkey & Noodles (220 calories)

Caesar Salad w/ Breadstick  
Mashed Potatoes  
Fresh Grapes, Pineapple  
Milk

Sausage Biscuit  
Or Cereal & Side

19

#### Cheeseburger on Bun (270 calories)

Roast Beef & Cheese Wrap  
Pickles, Baked Beans  
Fruit Cocktail, Fresh Banana  
Milk

Ham, Egg & Cheese Biscuit  
Or Cereal & Side

22

#### Corn Dog (300 cal)

Turkey & Cheese Wrap  
Fresh Broccoli, Tater Tots  
Orange Wedges, Applesauce  
Milk

Mini Pancakes w/ Syrup  
Or Cereal & Side

23

#### BBQ Pork Nachos (265 calories)

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

24

Thanksgiving Break  
No School

25

Thanksgiving Day  
No School

26

Thanksgiving Break  
No School

Donut Stick  
Or Cereal & Side

29

#### Hot Ham & Cheese on Bun (300 cal)

Turkey & Cheese Wrap  
Corn, Fresh Broccoli  
Applesauce, Orange Wedges  
Milk

Mini Pancakes w/ Syrup  
Or Cereal & Side

30

#### Fried Chicken Legs (220 calories)

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