

LUNCH

November 2022

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

* Tuesday

* Wednesday

* Thursday

* Friday

1

Bacon Breakfast Boat
Or Cereal & Side
French Toast Sticks (300) w/ Sausage
Chef Salad w/ Breadstick
Hash Brown, Celery Sticks
Peaches, Fresh Apple Slices
Milk

Biscuit & Gravy
Or Cereal & Side
Sloppy Joe on Bun (220 calories)
Ham & Cheese Wrap
Fresh Cucumber, French Fries
Orange Wedges, Pineapple Slices
Milk

Annual Breakfast Bash
Or Cereal & Side
Hot Dog on Bun (230 calories)
Crispy Chicken Asian Salad w/ Breadstick
Smiles, Cole Slaw
Mandarin Oranges, Fresh Grapes
Milk

Sausage Biscuit
Or Cereal & Side
Cheese Pizza (270 calories)
Roast Beef & Cheese Wrap
Sweet Fries, Romaine Lettuce
Fresh Banana, Fruit Cocktail
Milk

Ham, Egg & Cheese English Biscuit
Or Cereal & Side
Teriyaki Chicken w/ Rice (170 calories)
Turkey & Cheese Wrap
Steamed Broccoli, Fresh Cauliflower
Fresh Apple,
Milk

8
No School

Cinnamon Roll
Or Cereal & Side
Country Fried Steak w/ Gravy (260 calories)
Ham & Cheese Wrap
Mashed Potatoes, Fresh Cucumber
Applesauce, Fresh Oranges
Milk

Donut
Or Cereal & Side
Grilled Cheese Sandwich w/ Soup (190 cal)
Chicken Caesar Salad w/ Breadstick
Tomato Soup, Celery Sticks
Fresh Apple Slices, Peaches

11
**Veterans Day
No School**

Mini Waffles w/ Syrup
Or Cereal & Side
BBQ Pork Nachos (265 calories)
Turkey & Cheese Wrap
Cole Slaw, Baked Beans
Fresh Apple
Milk

Bagel w/ Cream Cheese
Or Cereal & Side
Cheese Quesadilla (260 calories)
Chef Salad w/ Breadstick
Refried Beans, Baby Carrots
Fresh Grapes, Pears
Milk

Cinnamon Roll
Or Cereal & Side
Meatball Sub (
Ham & Cheese Wrap
Fresh Cucumber, Green Beans
Fresh Oranges, Pineapple Slices
Milk

Biscuit & Gravy
Or Cereal & Side
Chicken Nuggets (220 calories)
Crispy Chicken Asian Salad w/ Breadstick
Corn, Celery Sticks
Peaches, Fresh Apple Slices
Milk

Sausage Biscuit
Or Cereal & Side
Cheese Pizza (270 calories)
Roast Beef & Cheese Wrap
Romaine Lettuce, Sweet Fries
Fruit Cocktail, Fresh Banana
Milk

Ham, Egg & Cheese English Biscuit
Or Cereal & Side
Chicken Wings (Buffalo, BBQ or Plain)
Turkey & Cheese Wrap
Fresh Cauliflower, Tater Tots
Fresh Apple,
Milk

Mini Pancakes w/ Syrup
Or Cereal & Side
Turkey & Noodles (220 calories)
Greek Chicken Salad w/ Breadstick
Baby Carrots, Mashed Potatoes
Fresh Oranges, Pears
Milk

23
**Thanksgiving Break
No School**

24
**Thanksgiving Day
No School**

25
**Thanksgiving Break
No School**

Mini Waffles w/ Syrup
Or Cereal & Side
Hot Ham & Cheese (200 calories) on Bun
Turkey & Cheese Wrap
Smiles, Fresh Broccoli
Fresh Apple
Milk

Bagel w/ Cream Cheese
Or Cereal & Side
Chicken Patty (220 calories) on Bun
Chef Salad w/ Breadstick
Fresh Carrots, Corn
Fresh Grapes, Pears
Milk

Cinnamon Roll
Or Cereal & Side
Beefy Soft Tacos (260 calories)
Ham & Cheese Wrap
Refried Beans, Fresh Cucumber
Applesauce, Fresh Oranges
Milk

30

30