

LUNCH

October 2017

Crestwood School

Lunch Fact

MyPlate recommends:

Choose vegetables rich in color! Brighten your plate with vegetables that are red, orange, or dark green. They not only taste great but also are good for you, too.

Reference: USDA. MyPlate.gov. Internet: <http://www.myplate.gov/>.

National School Lunch Week October 12-16, 2015



* Monday

Ham, Egg & Cheese English Muffin
Or Cereal & Side
Hot Dog on Bun (230 calories)
Turkey & Cheese Wrap
Cole Slaw, French Fries
Fresh Apple, Slushie
Milk

2

* Tuesday

Bagel w/ Cream Cheese
Or Cereal & Side
Chicken Tender Wrap (240 calories)
Chicken Caesar Salad w/ Breadstick
Sliced Carrots, Lettuce & Tomato
Fresh Grapes, Pears
Milk

3

* Wednesday

Biscuit & Gravy
Or Cereal & Side
Spaghetti w/ Meat Sauce (360) Garlic Bread
Ham & Cheese Wrap
Green Beans, Fresh Cucumber
Orange Wedges, Peaches
Milk

4

* Thursday

Chicken Biscuit Sandwich
Or Cereal & Side
French Toast Sticks (300) w/ Sausage
Chef Salad w/ Breadstick
Hash Brown, Fruit/ Veg Juice
Mandarin Oranges, Fresh Apple
Milk

5

* Friday

**INSTITUTE DAY
NO SCHOOL**

6

**COLUMBUS DAY
NO SCHOOL**

9

Mini Pancakes w/ Syrup
Or Cereal & Side
Fish Sticks (290) w/ Mac & Cheese
Greek Chicken w/ Chicken & Breadstick
Baby Carrots, Green Peas
Slushie Cup, Fresh Apple
Milk

10

Biscuit & Gravy
Or Cereal & Side
Sweet & Sour Chicken (265) w/ Rice
Ham & Cheese Wrap
Steamed Broccoli, Fresh Cucumber
Pineapple Slices, Fresh Kiwi
Milk

11

Cinnamon Roll
Or Cereal & Side
Turkey & Noodles (260 calories)
Crispy Chicken Asian Salad w/ Breadstick
Mashed Potatoes, Celery Sticks
Fresh Grapes, Pear 1/2,
Milk

12

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

13

Sausage Breakfast Pizza
Or Cereal & Side
Corn Dog (225 calories)
Turkey & Cheese Wrap
Fresh Broccoli, Sliced Carrots
Fresh Apple, Slushie
Milk

16

Bagel w/ Cream Cheese
Or Cereal & Side
Beef Soft Taco (135 calories)
Chicken Caesar Salad w/ Breadstick
Refried Beans, Baby Carrots
Fresh Grapes, Pears
Milk

17

Biscuit & Gravy
Or Cereal & Side
Salisbury Steak w/ Bread (260 calories)
Ham & Cheese Wrap
Fresh Cucumber, Mashed Potatoes
Fresh Kiwi, Peaches
Milk

18

Bacon Breakfast Boar
Or Cereal & Side
Roasted Chicken Drumstick w/ Rice (210)
Chef Salad w/ Breadstick
Steamed Corn, Celery Sticks
Mandarin Oranges, Fresh Apple
Milk

19

Pancake Wrapped Sausage
Or Cereal & Side
Cheeseburger on Bun (300 calories)
Roast Beef & Cheese Wrap
Lettuce & Tomato, Baked Beans
Fresh Banana, Fruit Cocktail
Milk

20

Ham, Egg & Cheese English Muffin
Or Cereal & Side
Beefy Cheesy Nachos (235 calories)
Turkey & Cheese Wrap
Fresh Cauliflower, Refried Beans
Slushie, Fresh Apple
Milk

23

Mini Pancakes w/ Syrup
Or Cereal & Side
Baked Ham w/ Corn Bread (80 calories)
Greek Salad w/ Chicken & Breadstick
Baby Carrots, Baked Potato
Pears, Fresh Grapes
Milk

24

Biscuit & Gravy
Or Cereal & Side
Cheese Ravioli (320 calories)
Ham & Cheese Wrap
Green Beans,, Fresh Cucumbers
Orange Slices, Pears
Milk

25

Cinnamon Roll
Or Cereal & Side
Grilled Cheese w/ Soup (190 calories)
Crispy Chicken Asian Salad w/ Breadstick
Sliced Carrots, Chili Soup
Peaches, Fresh Apple
Milk

26

**PARENT/ TEACHER
CONFERENCES
NO SCHOOL**

27

Sausage Breakfast Pizza
Or Cereal & Side
Cheese & Pepperoni Calzone (300 calories)
Chicken Caesar Salad w/ Breadstick
Sliced Carrots, Fresh Broccoli
Fresh Apple, Slushie
Milk

30

Boo-licious bagel w/ cream cheese
Or Cereal & Side
Spooktacular Chicken Nuggets (220)
Chicken Caesar Salad w/ breadstick
Gory Green Beans, Fresh Cryptic
Cauliflower
Fresh Alien Apple, Poltergeist Pineapple

31

