

# LUNCH

October 2018

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

### \* 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

### \* Wednesday

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

### \* Thursday

Cinnamon Roll  
Or Cereal & Side  
**Turkey & Noodles** (260 calories)  
Chef Salad w/ Breadstick  
Mashed Potatoes, Celery Sticks  
Fresh Apple, Pineapple  
Milk

### \* Friday

**INSTITUTE DAY  
NO SCHOOL**

**COLUMBUS DAY  
NO SCHOOL**

Mini Pancakes w/ Syrup  
Or Cereal & Side  
**Beefy Cheesy Nachos** (235 calories)  
Turkey & Cheese Wrap  
Fresh Cauliflower, Refried Beans  
Slushie, Fresh Apple  
Milk

Biscuit & Gravy  
Or Cereal & Side  
**General Tso's Chicken (265) w/ Rice**  
Ham & Cheese Wrap  
Steamed Broccoli, Fresh Cucumber  
Fresh Oranges, Pineapple Slices  
Milk

Cinnamon Glazed French Toast  
Or Cereal & Side  
**Grilled Cheese w/ Soup** (190 calories)  
Crispy Chicken Asian Salad w/ Breadstick  
Sliced Carrots, Tomato Soup  
Pears, Fresh Grapes  
Milk

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

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

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

Biscuit & Gravy  
Or Cereal & Side  
**Lasagna Roll-up w/ Garlic Brd** (320 calories)  
Ham & Cheese Wrap  
Green Beans, Fresh Cucumbers  
Applesauce, Fresh Oranges  
Milk

Cinnamon Roll  
Or Cereal & Side  
**Oven-Fried Chicken** (210 calories)  
Chef Salad w/ Breadstick  
Mashed Potatoes, Celery Sticks  
Mandarin Oranges, Fresh Apple  
Milk

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

Ham, Egg & Cheese English Muffin  
Or Cereal & Side  
**Beef Soft Taco** (135 calories)  
Chicken Caesar Salad w/ Breadstick  
Refried Beans, Lettuce & Tomato  
Fresh Apple, Slushie  
Milk

Mini Pancakes w/ Syrup  
Or Cereal & Side  
**Baked Ham w/ Corn Bread** (80 calories)  
Chicken Caesar & Breadstick  
Baby Carrots, AuGratin Potatoes  
Pears, Fresh Grapes  
Milk

Biscuit & Gravy  
Or Cereal & Side  
**BBQ Rib Patty on Bun** (260 calories)  
Ham & Cheese Wrap  
Fresh Cucumber, Potato Smiles  
Fresh Apple, Peaches  
Milk

Breakfast Burrito  
Or Cereal & Side  
**Fish Sticks (290) w/ Mac & Cheese**  
Crispy Chicken Asian Salad w/ Breadstick  
Cole Slaw, Green Peas  
Applesauce, Fresh Oranges  
Milk

**PARENT/ TEACHER  
CONFERENCES  
NO SCHOOL**

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

Bagel w/ Cream Cheese  
Or Cereal & Side  
**French Toast Sticks (300) w/ Sausage**  
Greek Salad w/ Chicken & Breadstick  
Hash Brown, Baby Carrots  
Fresh Grapes, Pears  
Milk

Boo-licious BISCUIT & gravy  
Or Cereal & Side  
**Spooktacular Chicken Nuggets (220)  
HORRIFYING HAM & CHEESE WRAP  
Gory Green Beans, Fresh Cryptic  
CUDUMBER  
Fresh Alien Apple, Poltergeist Pineapple**

