

LUNCH

October 2020

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, 2020



* Monday



Ham, Egg & Cheese English Muffin
Or Cereal & Side **5**
Salisbury Steak (135 calories)
Turkey & Cheese Wrap
Mashed Potatoes & Gravy, Fresh Broccoli
Fresh Oranges, Slushie
Milk

* Tuesday

Mini Pancakes w/ Syrup
Or Cereal & Side **6**
BBQ Pork Nachos (235 calories)
Greek Salad w/ Chicken & Breadstick
Cole Slaw, Baked Beans
Pears, Fresh Bananas
Milk

* Wednesday

Cinnamon Roll
Or Cereal & Side **7**
General Tso's Chicken (265) w/ Rice
Ham & Cheese Wrap
Fresh Cucumber
Fresh Grapes, Pineapple Slices
Milk

* Thursday

Biscuit & Gravy
Or Cereal & Side **1**
Hot Dog on Bun (240 calories)
Crispy Chicken Asian Salad
Cole Slaw, Potato Smiles
J4U, Fresh Melon
Milk

* Friday

Pancake Wrapped Sausage Stick
Or Cereal & Side **2**
Cheese Pizza (270 calories)
Roast Beef & Cheese Wrap
Romaine Salad, Sweet Tots
Fruit Cocktail, Fresh Apple Slices
Milk

COLUMBUS DAY
NO SCHOOL

12

Bagel w/ Cream Cheese
Or Cereal & Side **13**
Cheese Quesadilla (260 calories)
Chef Salad & Breadstick
Refried Beans, Baby Carrots
Pears, Fresh Banana
Milk

Cinnamon Roll
Or Cereal & Side **14**
Chicken Pot Pie w/ Biscuit (320 calories)
Ham & Cheese Wrap
Fresh Cucumbers
Pineapple Slices, Fresh Grapes
Milk

Biscuit & Gravy
Or Cereal & Side **15**
Baked Ham w/ Corn Bread
Chicken Caesar Salad w/ Breadstick
Baked Potato,
J4U, Fresh Melon
Milk

Pancake Wrapped Sausage Stick
Or Cereal & Side **16**
Cheeseburger on Bun (300 calories)
Roast Beef & Cheese Wrap
Pickles, French Fries
Fresh Apple Slices, Fruit Cocktail
Milk

Mini Waffles w/ Syrup
Or Cereal & Side **19**
Sausage Pizza (225 calories)
Turkey & Cheese Wrap
Fresh Broccoli, Sliced Carrots
Fresh Oranges, Slushie
Milk

Mini Pancakes w/ Syrup
Or Cereal & Side **20**
Grilled Cheese w/ Soup (80 calories)
Greek Salad w/ Chicken & Breadstick
Baby Carrots, Tomato Soup
Pears, Fresh Banana
Milk

Cinnamon Roll
Or Cereal & Side **21**
Breaded Pork Chop (260 calories)
Ham & Cheese Wrap
Fresh Cucumber, Au Gratin Potatoes
Fresh Grapes, Peaches
Milk

Bacon Breakfast Boat
Or Cereal & Side **22**
Turkey & Noodles
Crispy Chicken Asian Salad w/ Breadstick
Mashed Potatoes
J4U, Fresh Oranges
Milk

PARENT/ TEACHER
CONFERENCES
NO SCHOOL

23

Ham, Egg & Cheese English Muffin
Or Cereal & Side **26**
Fish Sticks w/ Mac & Cheese (300 calories)
Turkey & Cheese Wrap
Fresh Broccoli
Fresh Oranges, Slushie
Milk

Bagel w/ Cream Cheese
Or Cereal & Side **27**
Grilled Cheese w/ Soup (190 calories)
Chef Salad & Breadstick
Tomato Soup, Baby Carrots
Fresh Banana, Pears
Milk

Cinnamon Roll
Or Cereal & Side **28**
Corn Dog (230 calories)
Ham & Cheese Wrap
French Fries
Peaches, Fresh Grapes
Milk

Biscuit & Gravy
Or Cereal & Side **29**
Chicken Nuggets (220 calories)
Chicken Caesar Salad w/ Breadstick
Green Beans, Fresh Cucumber
Fresh Melon, Pineapple Slices
Milk

Pancake Wrapped Sausage Stick
Or Cereal & Side **30**
Cheese Pizza (270 calories)
Roast Beef & Cheese Wrap
Romaine Salad, Sweet Tots
Fruit Cocktail, Fresh Apple Slices
Milk