

# LUNCH

October 2021

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 Biscuit  
Or Cereal & Side

4

**Salisbury Steak** (135 calories)  
Turkey & Cheese Wrap  
Mashed Potatoes & Gravy, Fresh Broccoli  
Fresh Oranges, Applesauce  
Milk

## \* Tuesday

Bagel w/ Cream Cheese  
Or Cereal & Side

5

**Chicken Nuggets** (235 calories)  
Greek Salad w/ Chicken & Breadstick  
Potato Smiles,  
Pears, Fresh Bananas  
Milk

## \* Wednesday

Cinnamon Roll  
Or Cereal & Side

6

**Meatball Sub** (265 calories)  
Ham & Cheese Wrap  
Fresh Cucumber, Green Beans  
Fresh Apple Slices, Peaches  
Milk

## \* Thursday

Breakfast Pizza  
Or Cereal & Side

7

**Cheeseburger on Bun** (300 calories)  
Popcorn Chicken Salad w/ Breadstick  
Baked Beans, Pickle  
Fresh Grapes, Pineapple Slices  
Milk

## \* Friday

Pancake Wrapped Sausage Stick  
Or Cereal & Side

1

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

**COLUMBUS DAY  
NO SCHOOL**

11

Pancakes w/ Syrup  
Or Cereal & Side

12

**Cheese Quesadilla** (260 calories)  
Chef Salad & Breadstick  
Refried Beans, Baby Carrots  
Fresh Banana, Pears  
Milk

Cinnamon Roll  
Or Cereal & Side

13

**Lasagna** (260 calories) w/ **Garlic Bread**  
Ham & Cheese Wrap  
Fresh Cucumbers  
Peaches, Fresh Apple Slices  
Milk

Biscuit & Gravy  
Or Cereal & Side

14

**Baked Ham** (85 calories) w/ **Corn Bread**  
Chicken Caesar Salad w/ Breadstick  
Cheesy Potatoes,  
Pineapple Slices, Fresh Grapes  
Milk

Pancake Wrapped Sausage Stick  
Or Cereal & Side

15

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

Donut Stick  
Or Cereal & Side

18

**Sausage Pizza** (225 calories)  
Turkey & Cheese Wrap  
Fresh Broccoli,  
Applesauce, Fresh Oranges,  
Milk

Bagel w/ Cream Cheese  
Or Cereal & Side

19

**Turkey & Noodles** (220 calories)  
Greek Salad w/ Chicken & Breadstick  
Baby Carrots, Mashed Potatoes  
Pears, Fresh Banana  
Milk

Cinnamon Roll  
Or Cereal & Side

20

**Sweet & Sour Chicken** (265) w/ **Rice**  
Ham & Cheese Wrap  
Fresh Cucumber,  
Fresh Apple Slices, Peaches  
Milk

Breakfast Pizza  
Or Cereal & Side

21

**Cheeseburger on Bun** (300 calories)  
Popcorn Chicken Salad w/ Breadstick  
Baked Beans, Pickle  
Fresh Grapes, Pineapple Slices  
Milk

**PARENT/ TEACHER  
CONFERENCES  
NO SCHOOL**

22

Ham, Egg & Cheese Biscuit  
Or Cereal & Side

25

**Fish Sticks w/ Mac & Cheese** (300 calories)  
Turkey & Cheese Wrap  
Fresh Broccoli  
Fresh Oranges, Applesauce  
Milk

Pancakes w/ Syrup  
Or Cereal & Side

26

**Grilled Cheese** (80 calories) w/ **Soup**  
Chef Salad & Breadstick  
Tomato Soup, Baby Carrots  
Fresh Banana, Pears  
Milk

Cinnamon Roll  
Or Cereal & Side

27

**BBQ Rib Patty on Bun** (240 calories)  
Ham & Cheese Wrap  
Fresh Cucumber, Tater Tots  
Peaches, Fresh Apple Slices  
Milk

Biscuit & Gravy  
Or Cereal & Side

28

**French Toast Sticks** (300) w/ **Sausage**  
Chicken Caesar Salad w/ Breadstick  
Hash Brown Patty,  
Pineapple Slices, Fresh Grapes  
Milk

Pancake Wrapped Sausage Stick  
Or Cereal & Side

29

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