

LUNCH

October 2022

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 10-14, 2022



* Monday

Ham, Egg & Cheese Biscuit

Or Cereal & Side

3

BBQ Pork Nachos w/ Cheese (365 calories)

Turkey & Cheese Wrap

Fresh Carrots, Refried Beans

Fresh Oranges

Milk

* Tuesday

Bagel w/ Cream Cheese

Or Cereal & Side

4

Chicken Tender Wrap (240 calories)

Greek Salad w/ Breadstick

Sliced Carrots, Lettuce & Tomato

Fresh Banana, Pears

Milk

* Wednesday

Cinnamon Roll

Or Cereal & Side

5

Spaghetti w/ Meat Sauce (360) Garlic Bread

Ham & Cheese Wrap

Green Beans, Fresh Cucumber

Peaches, Apple Slices

Milk

* Thursday

Biscuit & Gravy

Or Cereal & Side

6

French Toast Sticks(300) w/ Sausage

Crispy Chicken Asian Salad

Celery Sticks, Hash Brown

Kiwi, Fresh Grapes

Milk

* Friday

**INSTITUTE DAY
NO SCHOOL**

**COLUMBUS DAY
NO SCHOOL**

Mini Pancakes w/ Syrup

Or Cereal & Side

11

Grilled Cheese w/ Soup (190 calories)

Chef Salad & Breadstick

Tomato Soup, Baby Carrots

Fresh Banana, Pears

Milk

Cinnamon Roll

Or Cereal & Side

12

General Tso's Chicken (265) w/ Rice

Ham & Cheese Wrap

Steamed Broccoli, Fresh Cucumber

Apple Slices, Pineapple Slices

Milk

Donut Holes

Or Cereal & Side

13

Turkey & Noodles (260 calories)

Chicken Caesar Salad w/ Breadstick

Mashed Potatoes, Celery Sticks

Fresh Grapes, Mandarin Oranges

Milk

Sausage Biscuit

Or Cereal & Side

14

Cheese Pizza (270 calories)

Roast Beef & Cheese Wrap

Romaine Salad, Sweet Fries

Fruit Cocktail, Fresh Banana

Milk

Mini Waffles w/ Syrup

Or Cereal & Side

17

Chicken Patty (220 calories) on Bun

Turkey & Cheese Wrap

Corn, Fresh Broccoli

Fresh Oranges

Milk

Bagel w/ Cream Cheese

Or Cereal & Side

18

Cheese Quesadilla (260 calories)

Greek Chicken Salad & Breadstick

Refried Beans, Baby Carrots

Pears, Fresh Banana

Milk

Cinnamon Roll

Or Cereal & Side

19

Sausage Pizza (300 calories)

Ham & Cheese Wrap

Romaine Salad, Fresh Broccoli

Peaches, Apple Slices

Milk

Biscuit & Gravy

Or Cereal & Side

20

Fish Sticks (290) w/ Mac & Cheese

Crispy Chicken Asian Salad w/ Breadstick

Green Peas, Cole Slaw

Mandarin Oranges, Fresh Grapes

Milk

NO SCHOOL

Ham, Egg & Cheese Biscuit

Or Cereal & Side

24

Corn Dog (225 calories)

Turkey & Cheese Wrap

Fresh Broccoli, Sliced Carrots

Fresh Apple, Slushie

Milk

Mini Pancakes w/ Syrup

Or Cereal & Side

25

Baked Ham w/ Corn Bread (80 calories)

Chef Salad & Breadstick

Baby Carrots, AuGratin Potatoes

Pears, Fresh Banana

Milk

Cinnamon Roll

Or Cereal & Side

26

Chili Cheese Fries (260 calories)

Ham & Cheese Wrap

Fresh Cucumber, French Fries

Apple Slices, Pineapple Slices

Milk

Donut Holes

Or Cereal & Side

27

Oven Fried Chicken Legs

Chicken Caesar Salad w/ Breadstick

Celery Sticks, Mashed Potatoes w/ Gravy

Kiwi, Fresh Grapes

Milk

Pancake Wrapped Sausage Bites

Or Cereal & Side

28

Cheeseburger on Bun (300 calories)

Roast Beef & Cheese Wrap

Lettuce & Tomato, French Fries

Fresh Banana, Fruit Cocktail

Milk

Boo-licious Waffles w/ Syrup

Or Cereal & Side

31

Spooktacular Chicken Nuggets (220)

Horrifying Crispy Chicken Asian Salad

Gory Green Beans, Creepy Crawly Carrots

Hocus Pocus Oranges

Witches Brew Milk

