

LUNCH

October 2023

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 9-13, 2023



* Monday

Ham, Egg & Cheese Biscuit

Or Cereal & Side

2

Oven Fried Chicken Leg (230 calories)
Turkey & Cheese Wrap
Mashed Potato & Gravy,
Fresh Apple, J4U
Milk

* Tuesday

Bagel w/ Cream Cheese

Or Cereal & Side

3

Chicken Tender Wrap (240 calories)
Crispy Chicken Asian Salad w/ Breadstick
Sliced Carrots, Lettuce & Tomato
Fresh Grapes, Pears
Milk

* Wednesday

Cinnamon Roll

Or Cereal & Side

4

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

* Thursday

Biscuit & Gravy

Or Cereal & Side

5

Hot Ham & Cheese (200 calories) on Bun
Greek Chicken Salad w/ Breadstick
Potato Smiles,
Mandarin Oranges, Fresh Apple Slices
Milk

* Friday

**INSTITUTE DAY
NO SCHOOL**

**COLUMBUS DAY
NO SCHOOL**

Mini Pancakes w/ Syrup

Or Cereal & Side

10

BBQ Pork Nachos (275 calories)
Chicken Caesar Salad w/ Breadstick
Spanish Rice, Celery Sticks
Fresh Grapes, Pear
Milk

Cinnamon Roll

Or Cereal & Side

11

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

Donut

Or Cereal & Side

12

Broccoli Cheese Soup (190 calories)
Chef Salad w/ Breadstick
Sliced Carrots, Fresh Kiwi
Peaches, Fresh Apple
Milk

Sausage Biscuit

Or Cereal & Side

13

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

Sausage Breakfast Pizza

Or Cereal & Side

16

Corn Dog (225 calories)
Turkey & Cheese Wrap
Fresh Broccoli, Sliced Carrots
Fresh Apple, J4U
Milk

Bagel w/ Cream Cheese

Or Cereal & Side

17

Beef Soft Taco (135 calories)
Crispy Chicken Asian Salad w/ Breadstick
Refried Beans, Baby Carrots
Fresh Grapes, Pears
Milk

Cinnamon Roll

Or Cereal & Side

18

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

Biscuit & Gravy

Or Cereal & Side

19

Chicken Patty on bun (240 calories)
Greek Chicken Salad w/ Breadstick
Steamed Corn, Celery Sticks
Mandarin Oranges, Fresh Apple Slices
Milk

Pancake Wrapped Sausage

Or Cereal & Side

20

Cheeseburger on Bun (300 calories)
Roast Beef & Cheese Wrap
Lettuce & Tomato, Baked Beans
Fresh Banana, Fruit Cocktail
Milk

Bacon, Egg & Cheese Biscuit

Or Cereal & Side

23

Beefy Cheesy Nachos (235 calories)
Turkey & Cheese Wrap
Fresh Cauliflower, Refried Beans
J4U, Fresh Apple
Milk

Mini Pancakes w/ Syrup

Or Cereal & Side

24

French Toast Sticks (300 cal) w/ Sausage
Chicken Caesar Salad & Breadstick
Baby Carrots, Refried Beans
Pears, Fresh Grapes
Milk

Cinnamon Roll

Or Cereal & Side

25

Alfredo Pasta w/ breadstick (260 calories)
Ham & Cheese Wrap
Fresh Cucumber, Celery Sticks
Applesauce, Fresh Oranges
Milk

Donut

Or Cereal & Side

26

Pepperoni Pizza (270 calories)
Chef Salad w/ Breadstick
Sliced Carrots, Sweet Fries
Peaches, Fresh Apple
Milk

**PARENT/ TEACHER
CONFERENCES
NO SCHOOL**

Waffles w/ Syrup

Or Cereal & Side

30

Cheese & Pepperoni Calzone (300 calories)
Turkey & Cheese Wrap
Sliced Carrots, Fresh Broccoli
Fresh Apple, J4U
Milk

Boo-licious Blueberry Muffin

Or Cereal & Side

31

Spooktacular Chicken Nuggets (220)
Horrifying Chicken Asian Salad
Gory Green Beans, Fresh Cryptic Cauliflower
Fresh Alien Apple, Poltergeist Pineapple
Slices

