

# LUNCH

## September 2018

### Crestwood School

#### Lunch Fact

The 2010 Dietary Guidelines for Americans recommend that at least half of your grains are whole. For most people, that translates into at least 48 grams daily.



✿ Monday

✿ Tuesday

✿ Wednesday

Thursday

✿ Friday

**ALL MENU ITEMS ARE SUBJECT TO CHANGE**

**Breakfast Sides:** Assorted Fresh Fruit, Fruit Juices & Milk Variety

**Three Daily Lunch Entrée Choices:** Hot Entrée, Soy Butter & Jelly Sandwich or Salad/ Wrap ~

**Breakfast Prices:** Reduced \$0.30 Paid \$1.50 Adult \$2.50

**Lunch Prices:** Reduced \$0.40 Paid \$2.85 Adult \$3.75

LABOR DAY  
No School

3

Bagel w/ Cream Cheese  
Or Cereal & Side  
**Cheese Quesadillas** (260 calories)  
Chicken Caesar Salad w/ Breadstick  
Fresh Cauliflower, Refried Beans  
Fresh Apple, Peach  
Milk

4

Biscuit & Gravy  
Or Cereal & Side  
**Cheeseburger Meatloaf** (220 calories)  
Ham & Cheese Wrap  
Fresh Cucumber, Mashed Potatoes  
Fresh Chunked Melon, Mandarin Oranges  
Milk

5

Cinnamon Roll  
Or Cereal & Side  
**French Toast Sticks w/ Sausage** (300 cal)  
Chef Salad w/ Breadstick  
Hash Brown, Baby Carrots  
Fresh Oranges, Pineapple Slices  
Milk

6

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

7

Breakfast Burrito  
Or Cereal & Side  
**Sloppy Joe on Bun** (220 calories)  
Turkey & Cheese Wrap  
Fresh Broccoli, Green Peas  
Slushies, Fresh Apple  
Milk

10

Mini Pancakes w/ Syrup  
Or Cereal & Side  
**Mozz Cheese Crunchers** (300 cal)  
Greek Chicken Salad w/ Breadstick  
Mashed Potatoes, Baby Carrots  
Fresh Grapes, Pears  
Milk

11

Biscuit & Gravy  
Or Cereal & Side  
**Taco Max Snacks** (240 calories)  
Ham & Cheese Wrap  
Fresh Cucumber, Refried Beans  
Applesauce, Fresh Kiwi  
Milk

12

Bacon Breakfast Boat  
Or Cereal & Side  
**Salisbury Steak (200 calories)**  
Crispy Asian Chicken Salad w/ Breadstick  
Mashed Potatoes, Celery Sticks  
Pineapple Slices, Fresh Oranges  
Milk

13

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

14

Ham, Egg and Cheese English Muffin  
Or Cereal & Side  
**Breaded Chicken Drumsticks** (210 calories)  
Turkey & Cheese Wrap  
Fresh Cauliflower, Corn  
Slushies, Fresh Apple  
Milk

17

Bagel w/ Cream Cheese  
Or Cereal & Side  
**BBQ Pork Nachos w/ Cheese** (265 calories)  
Chicken Caesar Salad w/ Breadstick  
Cole Slaw, Baked Beans  
Pears, Fresh Grapes  
Milk

18

Biscuit & Gravy  
Or Cereal & Side  
**Chicken Teriyaki w/ Rice** (230 calories)  
Ham & Cheese Wrap  
Sliced Carrots, Fresh Cucumber  
Fresh Chunk Melon, Mandarin Oranges  
Milk

19

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

20

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

21

Sausage Breakfast Pizza  
Or Cereal & Side  
**Country Fried Steak w/ Gravy** (260 cal)  
Turkey & Cheese Wrap  
Fresh Broccoli, Mashed Potatoes  
Slushies, Fresh Apple  
Milk

24

Mini Pancakes w/ Syrup  
Or Cereal & Side  
**Grilled Cheese** (190 cal) w/ **Soup**  
Greek Chicken Salad w/ Breadstick  
Tomato Soup, Baby Carrots  
Fresh Grape, Pears  
Milk

25

Biscuit & Gravy  
Or Cereal & Side  
**Philly Cheese Chicken on Bun** (240 calories)  
Ham & Cheese Wrap  
Fresh Cucumber, Onions & Peppers  
Fresh Kiwi, Applesauce  
Milk

26

Breakfast Burrito  
Or Cereal & Side  
**Corn Dog** (270 calories)  
Crispy Chicken Asian w/ Breadstick  
Celery Sticks, French Fries  
Pineapple Slices, Fresh Oranges  
Milk

27

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

28