

LUNCH

September 2019

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

LABOR DAY
No School

2

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

3

Cinnamon Roll
Or Cereal & Side
Cheeseburger Meatloaf (220 calories)
Ham & Cheese Wrap
Fresh Cucumber, Mashed Potatoes
Fresh Oranges, Applesauce
Milk

4

Biscuit & Gravy
Or Cereal & Side
French Toast Sticks w/ Sausage (300 cal)
Chicken Caesar Salad w/ Breadstick
Hash Brown, Baby Carrots
Fresh Melon, Peaches
Milk

5

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

6

Ham, Egg & Cheese English Muffin
Or Cereal & Side
Sloppy Joe on Bun (220 calories)
Turkey & Cheese Wrap
Fresh Broccoli, Potato Smiles
Slushies, Fresh Apple
Milk

9

Mini Pancakes w/ Syrup
Or Cereal & Side
Mozz Cheese Crunchers w/ Pasta (300 cal)
Greek Chicken Salad w/ Breadstick
Green Beans, Baby Carrots
Fresh Banana, Pears
Milk

10

Cinnamon Roll
Or Cereal & Side
Taco Max Snacks (240 calories)
Ham & Cheese Wrap
Fresh Cucumber, Refried Beans
Applesauce, Fresh Grapes
Milk

11

Bacon Breakfast Boat
Or Cereal & Side
Fish Sticks w/ Macaroni & Cheese (200 cal)
Crispy Asian Chicken Salad w/ Breadstick
Green Peas, Celery Sticks
Pineapple Slices, Fresh Melon
Milk

12

Sausage Biscuit
Or Cereal & Side
Cheeseburger on Bun (300 calories)
Roast Beef & Cheese Wrap
Pickle & Tomato, French Fries
Fruit Cocktail, Kiwi
Milk

13

Mini Waffles
Or Cereal & Side
Breaded Chicken Drumsticks (210 calories)
Turkey & Cheese Wrap
Fresh B
Fresh Broccoli, Corn
Slushies, Fresh Apple

16

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

17

Cinnamon Roll
Or Cereal & Side
Sweet & Sour Chicken w/ Rice (230 calories)
Ham & Cheese Wrap
Sliced Carrots, Fresh Cucumber
Fresh Grapes, Mandarin Oranges
Milk

18

Biscuit & Gravy
Or Cereal & Side
Turkey & Noodles (260 calories)
Chicken Caesar Salad w/ Breadstick
Celery Sticks, Mashed Potatoes
Fresh Melon, Peaches
Milk

19

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

20

Ham, Egg & Cheese English Muffin
Or Cereal & Side
Country Fried Steak w/ Gravy (260 cal)
Turkey & Cheese Wrap
Fresh Broccoli, Mashed Potatoes
Slushies, Fresh Apple
Milk

23

Pancakes w/ Syrup
Or Cereal & Side
Grilled Cheese (190 cal) w/ Soup
Greek Chicken Salad w/ Breadstick
Tomato Soup, Mashed Potatoes
Fresh Banana, Pears
Milk

24

Cinnamon Roll
Or Cereal & Side
Chicken Patty on Bun (240 calories)
Ham & Cheese Wrap
Fresh Cucumber, Lettuce & Tomato
Fresh Grapes, Applesauce
Milk

25

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

26

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

27

Mini Waffles
Or Cereal & Side
Hot Dog on Bun (230 calories) or
Turkey & Cheese Wrap
Cole Slaw, Tater Tots
Slushie, Fresh Apple
Milk

30

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