

LUNCH

September 2020

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

Bagel w/ Cream Cheese
Or Cereal & Side **1**

Chicken Patty on Bun (200 cal)
Chef Salad w/ Breadstick
Baby Carrots
Pears, Fresh Banana
Milk

Cinnamon Roll
Or Cereal & Side **2**

Taco Max Snacks (220 calories)
Ham & Cheese Wrap
Refried Beans
Peaches, Fresh Melon
Milk

Biscuit & Gravy
Or Cereal & Side **3**

Sloppy Joe on Bun (240 calories)
Chicken Caesar Salad w/ Breadstick
Fresh Cucumber,
Fresh Grapes, J4U
Milk

Pancake Wrapped Sausage
Or Cereal & Side **4**

Cheese Pizza (270 calories)
Roast Beef & Cheese Wrap
Sweet Fries, Romaine Salad
Kiwi
Milk

LABOR DAY
No School

Mini Pancakes w/ Syrup
Or Cereal & Side **8**

Hot Dog on Bun (230 calories) or
Greek Salad w/ Chicken & Breadstick
Cole Slaw, Tater Tots
Slushie,
Milk

Cinnamon Roll
Or Cereal & Side **9**

Mozz Cheese Crunchers w/ Pasta (300 cal)
Ham & Cheese Wrap
Green Beans
Fresh Banana, Pears
Milk

Bacon Breakfast Boat
Or Cereal & Side **10**

Chicken Tender Wrap (260 calories)
Crispy Chicken Asian Salad w/ Breadstick
Fresh Cucumbers
J4U, Fresh Grapes,
Milk

Cinn/ Sugar Donuts
Or Cereal & Side **11**

Cheeseburger on Bun (300 calories)
Roast Beef & Cheese Wrap
Pickle, Baked Beans
Kiwi
Milk

Mini Waffles
Or Cereal & Side **14**

Breaded Chicken Drumsticks (210 calories)
Turkey & Cheese Wrap
Corn, Fresh Cauliflower
Slushie,
Milk

Bagel w/ Cream Cheese
Or Cereal & Side **15**

Beefy Cheesy Nachos (265 calories)
Chef Salad w/ Breadstick
Refried Beans
Pears, Fresh Banana
Milk

Cinnamon Roll
Or Cereal & Side **16**

Sweet & Sour Chicken w/ Rice (230 calories)
Ham & Cheese Wrap
Fresh Cucumber
Fresh Melon, Mandarin Oranges
Milk

Biscuit & Gravy
Or Cereal & Side **17**

Turkey & Noodles (260 calories)
Chicken Caesar Salad w/ Breadstick
Mashed Potatoes
Fresh Grapes, J4U
Milk

Pancake Wrapped Sausage
Or Cereal & Side **18**

Cheese Pizza (270 calories)
Roast Beef & Cheese Wrap
Sweet Fries, Romaine Salad
Kiwi
Milk

Ham, Egg & Cheese English Muffin
Or Cereal & Side **21**

Country Fried Steak w/ Gravy (260 cal)
Turkey & Cheese Wrap
Fresh Broccoli, Mashed Potatoes
Slushie,
Milk

Pancakes w/ Syrup
Or Cereal & Side **22**

Chicken Nuggets (190 cal)
Greek Salad w/ Chicken & Breadstick
Baby Carrots
Fresh Banana, Pears
Milk

Cinnamon Roll
Or Cereal & Side **23**

Lasagna w/ Garlic Bread (240 calories)
Ham & Cheese Wrap
Fresh Cucumber,
Applesauce, Fresh Melon
Milk

Bacon Breakfast Boat
Or Cereal & Side **24**

Corn Dog (270 calories)
Crispy Chicken Asian Salad w/ Breadstick
Potato Smiles
J4U, Fresh Grapes
Milk

Cinn/ Sugar Donuts
Or Cereal & Side **25**

Cheeseburger on Bun (300 calories)
Roast Beef & Cheese Wrap
Baked Beans, Pickle & Tomato
Kiwi
Milk

Mini Waffles
Or Cereal & Side **28**

Hot Ham & Cheese (300 cal)
Turkey & Cheese Wrap
Baby Carrots, Corn
Slushie
Milk

Bagel w/ Cream Cheese
Or Cereal & Side **29**

Chili Cheese Fries (220 calories)
Chef Salad w/ Breadstick
French Fries
Pears, Fresh Banana
Milk

Cinnamon Roll
Or Cereal & Side **30**

Cheeseburger Meatloaf (220 calories)
Ham & Cheese Wrap
Mashed Potatoes & Gravy
Fresh Melon, Peaches
Milk

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 ~