

# LUNCH

## September 2021

### 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 ~

LABOR DAY  
No School

6

Bagel w/ Cream Cheese  
Or Cereal & Side

7

**Corn Dog (230 calories) or**  
Greek Salad w/ Chicken & Breadstick  
Baby Carrots, Tater Tots  
Slushie,  
Milk

Cinnamon Roll  
Or Cereal & Side

8

**Mozz Cheese Crunchers w/ Pasta (300 cal)**  
Ham & Cheese Wrap  
Fresh Cucumber  
Fresh Melon, Pineapple  
Milk

Waffles w/ Syrup  
Or Cereal & Side

9

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

Sausage Biscuit  
Or Cereal & Side

10

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

Ham, Egg & Cheese English Muffin  
Or Cereal & Side

13

**Breaded Chicken Drumsticks (210 calories)**  
Turkey & Cheese Wrap  
Tater Tots, Fresh Cauliflower  
Slushie, Fresh Oranges  
Milk

Pancake w/ Syrup  
Or Cereal & Side

14

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

Cinnamon Roll  
Or Cereal & Side

15

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

Biscuit & Gravy  
Or Cereal & Side

16

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

Pancake Wrapped Sausage  
Or Cereal & Side

17

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

Cinnamon Sugar Donuts  
Or Cereal & Side

20

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

Bagel w/ Cream Cheese  
Or Cereal & Side

21

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

Cinnamon Roll  
Or Cereal & Side

22

**BBQ Pork Nachos (240 calories)**  
Ham & Cheese Wrap  
Fresh Cucumber, Baked Beans  
Applesauce, Fresh Melon  
Milk

Waffles w/ Syrup  
Or Cereal & Side

23

**Hot Dog on Bun (270 calories)**  
Crispy Chicken Asian Salad w/ Breadstick  
Cole Slaw, Potato Smiles  
J4U, Fresh Grapes  
Milk

Sausage Biscuit  
Or Cereal & Side

24

**Cheeseburger on Bun (300 calories)**  
Roast Beef & Cheese Wrap  
French Fries, Pickle  
Kiwi  
Milk

Sausage Breakfast Pizza  
Or Cereal & Side

27

**Hot Ham & Cheese (300 cal)**  
Turkey & Cheese Wrap [ Baby Carrots, Tater Tots  
Slushie, Fresh Oranges  
Milk

Pancake w/ Syrup  
Or Cereal & Side

28

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

Cinnamon Roll  
Or Cereal & Side

29

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

Biscuit & Gravy  
Or Cereal & Side

30

**Chicken Patty on Bun (200 cal)**  
Caesar Salad w/ Breadstick  
Baby Carrots  
Fresh Grapes, J4U  
Milk