

LUNCH

September 2022

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

5

Mini Pancakes w/ Syrup
Or Cereal & Side

Corn Dog (230 calories) or
Greek Salad w/ Chicken & Breadstick
Cole Slaw, Tater Tots
Fresh Banana, Pears
Milk

6

Cinnamon Roll
Or Cereal & Side

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

7

Biscuit & Gravy
Or Cereal & Side

French Toast Sticks w/ Sausage (300cal)
Crispy Asian Salad w/ Breadstick
Hash Brown,
Grapes, Applesauce

1

11:35 Dismissal
No Lunch Served

2

Donut Holes
Or Cereal & Side

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

8

Sausage Biscuit
Or Cereal & Side

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

9

Mini Waffles
Or Cereal & Side

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

12

Bagel w/ Cream Cheese
Or Cereal & Side

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

13

Cinnamon Roll
Or Cereal & Side

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

14

Biscuit & Gravy
Or Cereal & Side

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

15

Pancake Sausage Bites
Or Cereal & Side

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

16

Ham, Egg & Cheese Biscuit
Or Cereal & Side

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

19

Pancakes w/ Syrup
Or Cereal & Side

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

20

Cinnamon Roll
Or Cereal & Side

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

21

Donut Holes
Or Cereal & Side

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

22

Sausage Biscuit
Or Cereal & Side

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

23

Mini Waffles
Or Cereal & Side

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

26

Bagel w/ Cream Cheese
Or Cereal & Side

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

27

Cinnamon Roll
Or Cereal & Side

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

28

Biscuit Gravy
Or Cereal & Side

Beefy Soft Tacos (260 calories)
Chicken Caesar Salad
Fresh Grapes, Applesauce
Milk

29

Pancake Sausage Bites
Or Cereal & Side

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

30