

LUNCH

September 2023

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 \$2.95 Adult \$3.75

LABOR DAY
No School

4

Bagel w/ Cream Cheese
Or Cereal & Side
Hot Ham & Cheese (200 calories)
Crispy Asian Salad w/ Breadstick
Fresh Cauliflower, Tater Totes
Fresh Apple Slices, Peach
Milk

5

Cinnamon Roll
Or Cereal & Side
French Toast Sticks w/ Sausage (300 cal)
Ham & Cheese Wrap
Hash Brown, Baby Carrots
Fresh Grapes, Pears
Milk

6

Biscuit & Gravy
Or Cereal & Side
Cheese Quesadillas (260 calories)
Greek Chicken Salad w/ Breadstick
Fresh Cucumber, Refried Beans
Applesauce, Fresh Orange Wedges
Milk

7

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

8

Sausage Breakfast Pizza
Or Cereal & Side
Sloppy Joe on Bun (220 calories)
Turkey & Cheese Wrap
Fresh Broccoli, Green Peas
J4U, Fresh Apple
Milk

11

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

12

Cinnamon Roll
Or Cereal & Side
Chicken Teriyaki w/ Rice (230 calories)
Ham & Cheese Wrap
Sliced Carrots, Fresh Cucumber
Pineapple Slices, Fresh Chunk Melon
Milk

13

Donut
Or Cereal & Side
Baked Ham w/ Cornbread (300 cal)
Chef Salad w/ Breadstick
Au-gratin Potatoes, Baby Carrots
Fresh Kiwi, Fruit/Veg Juice Blend
Milk

14

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

15

Waffles w/ Syrup
Or Cereal & Side
Breaded Chicken Drumsticks (210 calories)
Turkey & Cheese Wrap
Fresh Cauliflower, Corn
Fresh Apple, J4U
Milk

18

Bagel w/ Cream Cheese
Or Cereal & Side
Lasagna w/ Garlic Bread (240 calories)
Crispy Asian Salad w/ Breadstick
Baby Carrots, Green Beans
Fresh Grapes, Pears
Milk

19

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

20

Biscuit & Gravy
Or Cereal & Side
Fish Sticks w/ Mac n Cheese (290 calories)
Greek Chicken Salad w/ Breadstick
Cole Slaw, Celery Stick
Fresh Orange, Pineapple Slices
Milk

21

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

22

Ham, Egg, & Cheese Biscuit
Or Cereal & Side
Country Fried Steak w/ Gravy (260 calories)
Turkey & Cheese Wrap
Fresh Broccoli, Mashed Potatoes
J4U, Fresh Apple
Milk

25

Mini Pancakes w/ Syrup
Or Cereal & Side
Meatball Sub 170calories)
Chicken Caesar Salad w/ Breadstick
Green Beans, Baby Carrots
Pears, Fresh Grapes
Milk

26

Cinnamon Roll
Or Cereal & Side
Hot Dog on Bun (270 calories)
Ham & Cheese Wrap
Fresh Cucumber, Tater Tots
Fresh Chunked Melon, Pineapple Slices
Milk

27

Donut
Or Cereal & Side
Chicken Fajitas (170 calories)
Chef Salad w/ Breadstick
Spanish Rice, Celery Stick
Mandarin Oranges, Fresh Kiwi
Milk

28

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

29