

LUNCH

January 2018

Crestwood School

Fitness Tip

Try to be active for 60 minutes or more every day. Run, dance, walk the dog, climb stairs or play in the snow if you have it.

* Monday

* Tuesday

* Wednesday

* Thursday

* Friday

1
Holiday Vacation
No School

2
Institute Day
No Student Attendance

3
Biscuit & Gravy
Or Cereal & Side
Chicken Fajita (200 calories)
Ham & Cheese Wrap
Peppers & Onions, Fresh Cucumber
Fresh Orange Wedges, Peach ½
Milk

4
Bacon Breakfast Pizza
Or Cereal & Side
Turkey & Noodles (220 calories)
Chef Salad w/ Breadstick
Fresh Celery, Mashed Potatoes
Pear ½, Fresh Grapes
Milk

5
Pancake Wrapped Sausage
Or Cereal & Side
Cheeseburger on Bun (300 calories)
Roast Beef & Cheese Wrap
French Fries, Lettuce & Tomato
Fresh Banana, Fruit Cocktail
Milk

8
Sausage Breakfast Pizza
Or Cereal & Side
Teriyaki Chicken w/ Rice (170 calories)
Turkey & Cheese Wrap
Steamed Broccoli, Fresh Cauliflower
Fresh Apple, Fruit Juice
Milk

9
Bagel w/ Cream Cheese
Or Cereal & Side
Cheese & Pepperoni Calzone (300 calories)
Chicken Caesar Salad w/ Breadstick
Sliced Carrots, Romaine Lettuce Salad
Pear 1/2, Fresh Banana
Milk

10
Biscuit & Gravy
Or Cereal & Side
Baked Ham (80 cal) w/ Corn Bread
Ham & Cheese Wrap
Baked Potato, Fresh Cucumber
Orange Wedges, Pineapple Slices
Milk

11
Cinnamon Roll
Or Cereal & Side
Grilled Cheese (190 calories) w/ Soup
Crispy Chicken Asian Salad w/ Breadstick
Tomato Soup, Celery Sticks,
Applesauce, Fresh Grapes
Milk

12
Donut Stick
Or Cereal & Side
11:35 Dismissal
No Lunch Served

15
MLK Jr Birthday
No School

16
Mini Pancakes w/ Syrup
Or Cereal & Side
Hot Dog on Bun (230 calories)
Greek Chicken Salad w/ Breadstick
Cole Slaw, Potato Smiles
Pears, Fresh Apple
Milk

17
Biscuits & Gravy
Or Cereal & Side
Sloppy Joe on Bun (220 calories)
Ham & Cheese Wrap
Fresh Cucumber, Green Peas
Orange Slices, Peaches
Milk

18
Bacon Breakfast Boat
Or Cereal & Side
Cheese Quesadilla (240 calories)
Chef Salad w/ Breadstick
Refried Beans, Celery Sticks
Fresh Grapes, Applesauce
Milk

19
Sausage Biscuit Sandwich
Or Cereal & Side
Cheese Pizza (270 calories)
Roast Beef & Cheese Wrap
Sweet Fries, Romaine Salad
Banana, Fruit Cocktail
Milk

22
Ham, Egg & Cheese English Muffin
Or Cereal & Side
Chicken Nuggets (230 calories)
Turkey & Cheese Wrap
Corn, Fresh Broccoli
Fruit Juice, Fresh Apple
Milk

23
Bagel w/ Cream Cheese
Or Cereal & Side
Corn Dog (270 calories)
Chicken Caesar Salad w/ Breadstick
Baby Carrots, Tater Tots
Fresh Grapes, Pears
Milk

24
Biscuit & Gravy
Or Cereal & Side
Fish Sticks (270 cal) w/ Mac & Cheese
Ham & Cheese Wrap
Fresh Cucumber, Green Peas
Peach, Orange Wedges
Milk

25
Cinnamon Roll
Or Cereal & Side
French Toast Sticks (300 cal) w/ Sausage
Crispy Chicken Asian Salad w/ Breadstick
Celery Sticks, Hash Brown
Fruit Cocktail, Fresh Banana
Milk

26
Pancake Wrapped Sausage
Or Cereal & Side
Cheeseburger on Bun (300 calories)
Roast Beef & Cheese Wrap
French Fries, Lettuce & Tomato
Fresh Banana, Fruit Cocktail
Milk

29
Sausage Breakfast Pizza
Or Cereal & Side
Country Fried Steak w/ Gravy (260 calories)
Turkey & Cheese Wrap
Mashed Potatoes, Fresh Cauliflower
Fresh Apple, Fruit Juice
Milk

30
Mini Pancakes w/ Syrup
Or Cereal & Side
Chicken Wings (Buffalo, BBQ or Plain)
Greek Chicken Salad w/ Breadstick
Potato Smiles, Celery Sticks
Fresh Grapes, Pears
Milk

31
Biscuit & Gravy
Or Cereal & Side
BBQ Pork Nachos (265 calories)
Ham & Cheese Wrap
Baked Beans, Fresh Cucumber
Fresh Oranges, Peaches
Milk

