

LUNCH

March 2017

Crestwood School

Lunch Fact

Only one in 10 American kids gets enough vitamin D, and about six out of 10 kids get the recommended amount of calcium.

Reference: CDC; NHANES 2009-10 (Day 1 & 2)

* Monday

* Tuesday

* Wednesday

* Thursday

* Friday



Biscuit & Gravy
Or Cereal & Side **1**

Teriyaki Chicken (170 calories) w/ Rice
Ham & Cheese Wrap
Steamed Broccoli, Fresh Cucumber
Fresh Apple, Mandarin Oranges
Milk

Bacon Breakfast Pizza
Or Cereal & Side **2**

Green Eggs & Ham
Crispy Chicken Asian Salad w/ Breadstick
Hash Brown, Baby Carrots
Fresh Oranges, Pineapple Slices
Milk

Sausage Biscuit Sandwich
Or Cereal & Side **3**

Cheese Pizza (270 calories)
Roast Beef & Cheese Wrap
Romaine Lettuce, Green Beans
Fresh Apple, Fruit Cocktail
Milk

Breakfast Sausage Pizza
Or Cereal & Side **6**

Salisbury Steak (260 calories)
Turkey & Cheese Wrap
Mashed Potatoes, Fresh Broccoli
Slushie, Fresh Apple
Milk

Bagel w/ Cream Cheese
Or Cereal & Side **7**

Cheese Quesadilla (260 calories)
Greek Chicken Salad w/ Breadstick
Refried Beans, Baby Carrots
Pears, Fresh Grapes
Milk

Biscuit & Gravy
Or Cereal & Side **8**

Cheesy Baked Ziti (360) w/ Garlic Bread
Ham & Cheese Wrap
Fresh Cucumbers, Corn
Peaches, Fresh Apple
Milk

Cinnamon Roll
Or Cereal & Side **9**

Chicken Nuggets (230 calories)
Chef Salad w/ Breadstick
Celery Sticks, Potato Smiles
Fresh Oranges, Applesauce
Milk

Pancake Wrapped Sausage
Or Cereal & Side **10**

Fish Sticks (270) w/ Macaroni & Cheese
Roast Beef & Cheese Wrap
Green Peas, Cole Slaw
Fruit Cocktail, Fresh Banana
Milk

Ham, Egg & Cheese English Muffin
Or Cereal & Side **13**

Turkey & Noodles (220 calories)
Turkey & Cheese Wrap
Fresh Cauliflower, Mashed Potatoes
Fresh Apple, Slushie
Milk

Mini Pancakes w/ Syrup
Or Cereal & Side **14**

Corn Dog (270 calories)
Chicken Caesar Salad w/ Breadstick
Baby Carrots, Tater Tots
Fresh Grapes, Pears
Milk

Biscuit & Gravy
Or Cereal & Side **15**

Sloppy Joe on Bun (220 calories)
Ham & Cheese Wrap
Corn, Lettuce & Tomato
Peaches, Fresh Apple
Milk

Bacon Breakfast Pizza
Or Cereal & Side **16**

Beefy Cheesy Nachos (235 calories)
Crispy Chicken Asian Salad w/ Breadstick
Refried Beans, Celery Sticks
Fresh Orange, Pineapple Slices
Milk

Sausage Biscuit Sandwich
Or Cereal & Side **17**

Cheese Pizza (270 calories)
Roast Beef & Cheese Wrap
Romaine Lettuce, Sweet Puffs
Fresh Banana, Fruit Cocktail
Milk

Breakfast Sausage Pizza
Or Cereal & Side **20**

Taco Max Snacks (260 calories)
Turkey & Cheese Wrap
Refried Beans, Fresh Broccoli
Slushie, Fresh Apple
Milk

Bagel w/ Cream Cheese
Or Cereal & Side **21**

Chili Cheese Fries (320 calories)
Greek Chicken Salad w/ Breadstick
Baby Carrots, French Fries
Pears, Fresh Grapes
Milk

Biscuit & Gravy
Or Cereal & Side **22**

Country Fried Chicken (260 calories)
Ham & Cheese Wrap
Fresh Cucumber, Mashed Potatoes
Fresh Apple, Peaches
Milk

Cinnamon Roll
Or Cereal & Side **23**

Cheeseburger on Bun (300 calories)
Chef Salad w/ Breadstick
Lettuce & Tomato, Baked Beans
Fresh Oranges, Pineapple Slices
Milk

Pancake Wrapped Sausage
Or Cereal & Side **24**

French Toast Sticks (300) w/ Sausage
Roast Beef & Cheese Wrap
Hash Brown, Celery Sticks
Fruit Cocktail, Banana
Milk

Ham, Egg & Cheese English Muffin
Or Cereal & Side **27**

Cheese & Pepperoni Calzone (270 calories)
Turkey & Cheese Wrap
Fresh Cauliflower, Sliced Carrots
Fresh Apple, Slushie
Milk

Mini Pancakes w/ Syrup
Or Cereal & Side **28**

Sliced Ham (125 calories) w/ Corn Bread
Chicken Caesar Salad w/ Breadstick
Baked Potato, Baby Carrots
Fresh Grapes, Pineapple Slices
Milk

Biscuit & Gravy
Or Cereal & Side **29**

Hot Turkey (90 calories) w/ Gravy on Bread
Ham & Cheese Wrap
Mashed Potatoes, Fresh Cucumber
Fresh Apple, Peaches
Milk

Bacon Breakfast Pizza
Or Cereal & Side **30**

Hot Dog on Bun (230 calories)
Crispy Chicken Asian Salad w/ Breadstick
Steamed Broccoli, Celery Sticks
Fresh Kiwi, Applesauce
Milk

Sausage Biscuit Sandwich
Or Cereal & Side **31**

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