

LUNCH

March 2019

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



Pancake Wrapped Sausage Stick
Or Cereal & Side **1**

Green Eggs & Ham w/ Corn Bread
Roast Beef & Cheese Wrap
Hash Brown, Baby Carrots
Fresh Banana, Fruit Cocktail
Milk

Cinnamon Sugar Mini Donuts
Or Cereal & Side **4**

Hot Dog on Bun (270 calories)
Turkey & Cheese Wrap
Cole Slaw, French Fries
Slushie, Fresh Apple
Milk

Bagel w/ Cream Cheese
Or Cereal & Side **5**

French Toast Sticks (300 cal) w/ Sausage
Chicken Caesar Salad w/ Breadstick
Hash Browns, Baby Carrots
Pears, Fresh Banana
Milk

Cinnamon Roll
Or Cereal & Side **6**

Fish Sticks (270 cal) w/ Mac & Cheese
Ham & Cheese Wrap
Green Peas, Fresh Cucumber
Fresh Oranges, Applesauce
Milk

Mini Waffles w/ Syrup
Or Cereal & Side **7**

Cheeseburger on Bun (300 calories)
Chef Salad w/ Breadstick
Baked Beans, Tomato/ Pickle
Fresh Apple, Peaches
Milk

Sausage Biscuit Sandwich
Or Cereal & Side **8**

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

Ham, Egg & Cheese English Muffin
Or Cereal & Side **11**

Country Fried Steak (260 calories)
Turkey & Cheese Wrap
Mashed Potatoes, Fresh Broccoli
Juice Blend, Fresh Apple
Milk

Mini Pancakes w/ Syrup
Or Cereal & Side **12**

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

Cinnamon Roll
Or Cereal & Side **13**

Cheese Quesadilla (240 calories)
Ham & Cheese Wrap
Refried Beans, Fresh Cucumber
Fresh Grapes, Slushie
Milk

Biscuit & Gravy
Or Cereal & Side **14**

Chicken Nuggets (230 calories)
Crispy Chicken Asian Salad w/ Breadstick
Celery Sticks, Potato Smiles
Fresh Apple, Pineapple Slices
Milk

WG Chocolate Donuts
Or Cereal & Side **15**

11:35 Dismissal
No Lunch Served

Cinnamon Sugar Mini Donuts
Or Cereal & Side **18**

Beefy Cheesy Nachos (235 calories)
Turkey & Cheese Wrap
Fresh Cauliflower, Mashed Potatoes
Fresh Apple, Slushie
Milk

Bagel w/ Cream Cheese
Or Cereal & Side **19**

Teriyaki Chicken (170 cal) w/ Veg Rice
Chicken Caesar Salad w/ Breadstick
Baby Carrots, Hash Brown
Pears, Fresh Banana
Milk

Cinnamon Roll
Or Cereal & Side **20**

Mozz Crunchers (300 cal) w/ Pasta
Ham & Cheese Wrap
Refried Beans, Hash Brown
Pineapple, Fresh Oranges
Milk

Mini Waffles w/ Syrup
Or Cereal & Side **21**

Turkey & Noodles (220 calories)
Crispy Chicken Asian Salad w/ Breadstick
Romaine Lettuce, Sweet fries
Peaches, Fresh Apple
Milk

Sausage Biscuit Sandwich
Or Cereal & Side **22**

Grilled Cheese & Soup (170 calories)
Roast Beef & Cheese Wrap
Romaine Lettuce, Sweet fries
Fruit Cocktail, Fresh Banana
Milk

Cinnamon Roll
Or Cereal & Side **25**

Bnls Chicken Drumsticks (210 calories)
Turkey & Cheese Wrap
Fresh Cauliflower, Lettuce & Tomato
Slushie, Fresh Apple
Milk

Mini Pancakes w/ Syrup
Or Cereal & Side **26**

Chicken Tender Wrap (240 calories)
Greek Chicken Salad w/ Breadstick
Romaine Lettuce, Sweet fries
Fresh Banana, Pears
Milk

Cinnamon Roll
Or Cereal & Side **27**

Sloppy Joe on Bun (220 calories)
Ham & Cheese Wrap
Corn, Fresh Cucumber
Fresh Oranges, Applesauce
Milk

Biscuit & Gravy
Or Cereal & Side **28**

Chili (190 calories) in a Bread Bowl
Chef Salad w/ Breadstick
Steamed Carrots, Celery Sticks
Pineapple, Fresh Apple
Milk

Pancake Wrapped Sausage Stick
Or Cereal & Side **29**

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