

LUNCH

May 2018

Crestwood School

Lunch Fact

MyPlate recommends:

- Children need at least 60 minutes of physical activity every day.
- Be active together as a family.
- Physical activity should be developmentally-appropriate, fun, and offer variety.

Reference: USDA. MyPlate.gov. Internet: <http://www.myplate.gov/>.



* Monday

* Tuesday

* Wednesday

* Thursday

* Friday

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Mini Pancakes w/ Syrup
Or Cereal & Side

Corn Dog (270 calories)
Chicken Caesar Salad w/ Breadstick
Baby Carrots, Tater Tots
Pear ½, Fresh Grapes
Milk

Biscuit & Gravy
Or Cereal & Side

Ravioli (360 calories) w/ Garlic Bread
Ham & Cheese Wrap
Green Beans, Fresh Cucumber
Fresh Oranges, Applesauce
Milk

Bacon Breakfast Pizza
Or Cereal & Side

Beefy Cheesy Nachos (275 calories)
Chicken Caesar Salad w/ Breadstick
Refried Beans, Baby Carrots
Fresh Grapes, Pear ½
Milk

WG Donut Stick
Or Cereal & Side

**11:35 Dismissal
No Lunch Served**

Breakfast Sausage Pizza
Or Cereal & Side

Cheese Quesadilla (260 calories)
Turkey & Cheese Wrap
Refried Beans, Fresh Broccoli
Fresh Apple, Juice Blend
Milk

Bagel w/ Cream Cheese
Or Cereal & Side

Salisbury Steak (260 calories)
Greek Chicken Salad w/ Breadstick
Baby Carrots, Mashed Potatoes
Pear ½, Fresh Grapes
Milk

Biscuit & Gravy
Or Cereal & Side

Sloppy Joe on Bun (240 calories)
Ham & Cheese Wrap
Rice Casserole w/ Veggies, Fresh Cucumber
Fresh Oranges, Applesauce
Milk

Cinnamon Roll
Or Cereal & Side

Fish Sticks (270 calories) w/ Mac & Cheese
Crispy Chicken Asian Salad w/ Breadstick
Fresh Cauliflower, Green Peas
Peach ½, Fresh Apple
Milk

Sausage Biscuit
Or Cereal & Side

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

Hot Breakfast Item
Or Cereal & Side

Turkey & Noodles (220 calories)
Wrap
Fresh Broccoli, Mashed Potatoes
Juice Blend, Fresh Apple
Milk

Hot Breakfast Item
Or Cereal & Side

French Toast Sticks (300 cal) w/ Sausage
Salad w/ Breadstick
Hash Brown, Celery Sticks
Pears, Fresh Grapes
Milk

Biscuit & Gravy
Or Cereal & Side

Chicken Nuggets (230 calories)
Wrap
Fresh Cucumber, Corn
Pineapple Slices, Fresh Oranges
Milk

Hot Breakfast Item
Or Cereal & Side

Hot Dog or Coney Dog on Bun (230 cal)
Salad w/ Breadstick
Potato Smiles, Cole Slaw
Fresh Apple, Peach ½
Milk

Hot Breakfast Item
Or Cereal & Side

Cheeseburger on Bun (300 calories)
Wrap
French Fries, Lettuce & Tomato
Fruit Cocktail, Fresh Banana
Milk

Breakfast Entrée
Or Cereal & Side

Entrée
Fruit/ Vegetable
Milk

Breakfast Entrée
Or Cereal & Side

Entrée
Fruit/ Vegetable
Milk

Cereal & Side

**11:35 Dismissal
No Lunch Served**

**Teacher Institute
No Student Attendance**

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**May is National
Physical Fitness
and Sports Month**