

# LUNCH

May 2022

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

Donut Stick  
Or Cereal & Side **2**

**Hot Dog on Bun** (230 cal)  
Wrap  
Potato Smiles, Cole Slaw  
Fresh Oranges, Slushie  
Milk

### \* Tuesday

Mini Pancakes w/ /Syrup  
Or Cereal & Side **3**

**Chicken Tender Wrap** (220 calories)  
Salad w/ Breadstick  
Tater Tots, Baby Carrots,  
Pears, Fresh Bananas  
Milk

### \* Wednesday

Cinnamon Roll  
Or Cereal & Side **4**

**BBQ Rib/ BBQ Grilled Chicken** (360 cal)  
Wrap  
Corn, Fresh Cucumber  
Fresh Apple Slices, Pineapple  
Milk

### \* Thursday

Biscuit & Gravy  
Or Cereal & Side **5**

**Cheeseburger on Bun** (300 calories)  
Salad w/ Breadstick  
French Fries, Pickle  
Fruit Cocktail, Fresh Grapes  
Milk

### \* Friday

Blueberry Muffins  
Or Cereal & Side **6**

**11:35 Dismissal**  
**No Lunch Served**

Bacon, Egg and Cheese Biscuit  
Or Cereal & Side **9**

**Cheese Quesadilla** (260 calories)  
Wrap  
Refried Beans, Fresh Broccoli  
Slushie, Fresh Oranges,  
Milk

Bagel w/ Cream Cheese  
Or Cereal & Side **10**

**Chicken Nuggets** (230 calories)  
Salad w/ Breadstick  
Baby Carrots, Tater Tots  
Fresh Banana, Pears  
Milk

Cinnamon Roll  
Or Cereal & Side **11**

**Meatball Sub** (270 calories)  
Wrap  
Green Beans, Fresh Cucumber  
Mandarin Oranges, Fresh Apple Slices  
Milk

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

**Salisbury Steak/ Meatloaf** (270 calories)  
Salad w/ Breadstick  
Mashed Potatoes w/ Gravy  
Grapes, Applesauce  
Milk

Pancake Sausage Stick  
Or Cereal & Side **13**

**Cheese Pizza** (270 calories)  
Wrap  
Sweet Tots, Romaine Salad  
Fresh Banana, Fruit Cocktail  
Milk

Breakfast Entrée  
Or Cereal & Side **16**

**Chicken Patty on Bun** (260 calories)  
Wrap  
Fresh Broccoli, Potato Smiles  
Fresh Oranges, Slushie  
Milk

Breakfast Entrée  
Or Cereal & Side **17**

**Corn Dog** (270 calories)  
Salad w/ Breadstick  
Tater tots, Baby Carrots  
Pears, Banana  
Milk

Breakfast Entrée  
Or Cereal & Side **18**

**Chinese Chicken Nuggets w/ Sauce**  
Wrap  
Veg Rice, Fresh Cucumber  
Mandarin Oranges, Fresh Apple Slices  
Milk

Breakfast Entrée  
Or Cereal & Side **19**

**Cheeseburger on Bun** (300 calories)  
Salad w/ Breadstick  
Baked Beans, Pickle  
Applesauce, Fresh Grapes  
Milk

Breakfast Entrée  
Or Cereal & Side **20**

Entrée  
Fruit/ Vegetable  
Milk

Breakfast Entrée  
Or Cereal & Side **23**

Entrée  
Fruit/ Vegetable  
Milk

Breakfast Entrée  
Or Cereal & Side **24**

Entrée  
Fruit/ Vegetable  
Milk

Cereal & Side **25**

**11:35 Dismissal**  
**No Lunch Served**

**26**

**27**

**30**

**31**

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