

LUNCH

November 2017

Crestwood School

Nutrition Tip

Increase veggie intake for the whole family. Here are some ideas:

- Double the vegetables prepared for dinner and use the leftovers in meals the next day.
- Stuff leftover asparagus or peas with sliced turkey and cheese into a pita.
- Stock up on frozen and canned vegetables for quick additions to meals.

* Monday

* Tuesday

* Wednesday

* Thursday

* Friday



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

Sloppy Joe on Bun (220 calories)
Ham & Cheese Wrap
Fresh Cucumber, French Fries
Orange Wedges, Pineapple Slices
Milk

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

Hot Dog on Bun (230 calories)
Chef Salad w/ Breadstick
Celery Sticks, Corn
Peaches, Fresh Apple
Milk

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

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

Ham, Egg & Cheese English Muffin
Or Cereal & Side **6**

Teriyaki Chicken w/ Rice (170 calories)
Turkey & Cheese Wrap
Steamed Broccoli, Fresh Cauliflower
Fresh Apple, Slushie
Milk

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

Fish Sticks (290) w/ Mac & Cheese
Greek Chicken Salad w/ Breadstick
Baby Carrots, Green Peas
Pears, Fresh Grapes
Milk

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

Country Fried Steak w/ Gravy (260 calories)
Ham & Cheese Wrap
Mashed Potatoes, Fresh Cucumber
Applesauce, Fresh Oranges
Milk

Cinnamon Roll
Or Cereal & Side **9**

Grilled Cheese Sandwich w/ Soup (190 cal)
Crispy Chicken Asian Salad w/ Breadstick
Tomato Soup, Celery Sticks
Fresh Apple, Peaches

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

Cheeseburger on Bun (300 calories)
Roast Beef & Cheese Wrap
Baked beans, Lettuce & Tomato
Fresh Banana, Fruit Cocktail
Milk

Sausage Breakfast Pizza
Or Cereal & Side **13**

BBQ Pork Nachos (265 calories)
Turkey & Cheese Wrap
Cole Slaw, Baked Beans
Slushie, Fresh Apple
Milk

Annual Breakfast Base **14**

Cheese Quesadilla (260 calories)
Chicken Caesar Salad w/ Breadstick
Corn, Baby Carrots
Fresh Grapes, Pears
Milk

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

Meatball Sub (
Ham & Cheese Wrap
Fresh Cucumber, Green Beans
Fresh Oranges, Pineapple Slices
Milk

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

French Toast Sticks (300) w/ Sausage
Chef Salad w/ Breadstick
Hash Brown, Celery Sticks
Peaches, Fresh Apple
Milk

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

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

Ham, Egg & Cheese English Muffin
Or Cereal & Side **20**

Chicken Wings (Buffalo, BBQ or Plain)
Turkey & Cheese Wrap
Fresh Cauliflower, Hash Brown Patty
Fresh Apple, Slushie
Milk

Chicken Biscuit
Or Cereal & Side **21**

Turkey & Noodles (220 calories)
Greek Chicken Salad w/ Breadstick
Baby carrots, Mashed Potatoes
Fresh Grapes, Pears
Milk

Thanksgiving Break **23**
No School

Thanksgiving Day **24**
No School

Thanksgiving Break **25**
No School

Sausage Breakfast Pizza
Or Cereal & Side **27**

Corn Dog (270 calories)
Turkey & Cheese Wrap
French Fries, Fresh Broccoli
Slushie, Fresh Apple
Milk

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

Chicken Patty (220 calories) on Bun
Chicken Caesar Salad w/ Breadstick
Sliced Carrots, Corn
Fresh Grapes, Pears
Milk

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

Taco Max Snacks (240 calories)
Ham & Cheese Wrap
Refried Beans, Fresh Cucumber
Applesauce, Fresh Oranges
Milk

Cinnamon Roll
Or Cereal & Side **30**

Hot Ham & Cheese (200 calories) on Bun
Crispy Chicken Asian Salad w/ Breadstick
Tater tots, Celery Sticks
Fresh Apple, Peaches
Milk

