

LUNCH

November 2018

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



Cinn Glazed French Toast
Or Cereal & Side **1**

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

Sausage Cheese Biscuit
Or Cereal & Side **2**

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 **5**

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

Mini Pancakes w/ Syrup
Or Cereal & Side **6**

Mozz Cheese Crunchers (300) w/ Pasta
Chicken Caesar Salad w/ Breadstick
Baby Carrots, Green Beans
Pears, Fresh Grapes
Milk

Cinnamon Roll
Or Cereal & Side **7**

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

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

Chicken Drumsticks (210 calories)
Crispy Chicken Asian Salad w/ Breadstick
Corn, Celery Sticks
Fresh Apple, Peaches
Milk

Pancake Wrapped Sausage
Or Cereal & Side **9**

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

Sausage Breakfast Pizza
Or Cereal & Side **12**

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

Bagel w/ Cream Cheese
Or Cereal & Side **13**

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

Cinnamon Roll
Or Cereal & Side **14**

Cheeseburger Meatloaf (220 calories)
Ham & Cheese Wrap
Fresh Cucumber, Mashed Potatoes
Fresh Oranges, Pineapple Slices
Milk

Annual Breakfast Base **15**

Chili Cheese Fries (190 calories)
Chef Salad w/ Breadstick
Hash Brown, Celery Sticks
Peaches, Fresh Apple
Milk

Sausage Cheese Biscuit
Or Cereal & Side **16**

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 **19**

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

Mini Pancakes w/ Syrup
Or Cereal & Side **20**

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

Thanksgiving Break **21**
No School

Thanksgiving Day **22**
No School

Thanksgiving Break **23**
No School

Sausage Breakfast Pizza
Or Cereal & Side **26**

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

Bagel w/ Cream Cheese
Or Cereal & Side **27**

Chicken Pot Pie (300 calories)
Greek Chicken Salad w/ Breadstick
Sliced Carrots, Corn
Fresh Grapes, Pears
Milk

Cinnamon Roll
Or Cereal & Side **28**

Cheese Ravioli (300 calories)w/ Garlic Bread
Ham & Cheese Wrap
Green Beans, Fresh Cucumber
Applesauce, Fresh Oranges
Milk

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

Taco Max Snacks (260 calories)
Crispy Chicken Asian Salad w/ Breadstick
Refried Beans, Celery Sticks
Fresh Apple, Peaches
Milk

Pancake Sausage Stick
Or Cereal & Side **30**

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