



MARCH | 2024

Crestwood Local Schools Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
26	27	28	29	1
4 Chicken Tenders w/WG Dinner Roll & dipping sauces Baked Beans Assorted Fruits/Juice Milk	5 Hot Dog ~or~ Chili Dog Sweet Potato Fries Assorted Fruits/Juice Milk	6 Stuffed Crust Pizza Spinach & Romaine Salad Assorted Fruit/Juice Milk Oreo Cookie Pack 	7 Assorted Cereals Sausage Patty or Links Hash browns Assorted Fruits Orange Juice Milk National Cereal Day	8 Italian Meatball Sub w/fresh Mozzarella ~or~ Meatball Marinara Bowl & Garlic Breadstick Steamed Green Beans Assorted Fruits/Juice Milk National Meatball Day
11 Scratch Made Mac & Cheese Italian 3-Bean Salad Assorted Fruits/Juice Milk National Eat Your Noodles Day	12 Cheeseburger Baked Sweet Potato Puffs Assorted Fruits/Juice Milk	13 Domino's Pizza (Cheese or Pepperoni) Spinach & Romaine Salad Assorted Fruits/Juice Milk	14 Brunch for Lunch Pancakes Goodell Farm's Maple Syrup* Sausage Patty or Links Hash browns Assorted Fruits & Orange Juice Milk Farm-to-School Item	15 Ramen Bowls (Beef or Chicken) Mixed Veggies Assorted Fruits/Juice Fortune Cookie Milk
18 Sloppy Joe Sandwich Baby Carrots w/FF Ranch Assorted Fruits/Juice & Milk 	19 Loaded Nachos (Beef or Chicken) w/cheese, sour cream & salsa on side Fire-Roasted Corn & Fiesta Black Bean Blend Assorted Fruits/Juice Milk	20 Personal Pan Pizza (Cheese or Pepperoni) Spinach & Romaine Salad Assorted Fruit/Juice Milk	21 Chick-fil-A Style Sandwich Baked Curly Fries Assorted Fruits/Juice Milk	22 Lasagna Roll-Ups Garlic Breadstick Twists Cheesy Cauliflower Assorted Fruits/Juice Milk
25 Chicken Nuggets w/dipping sauces Whole-Grain Dinner Roll Baked Smile Fries Assorted Fruits/Juice Milk	26 Spaghetti w/meat sauce ~or~ Alfredo Linguine Garlic Texas Toast Assorted Fruit/Juice Milk	27 Domino's Pizza (Cheese or Pepperoni) Spinach & Romaine Salad Assorted Fruits/Juice Milk	28 Cook's Choice	29 No School

Nutrition News

March is National Nutrition Month which was started in 1973 by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

This year's theme is "**Beyond the Table**," which addresses the farm-to-fork aspect of nutrition, from production and distribution to grocery stores and farmers markets. It also describes the various ways we eat — not only around a dinner table, but also on the go, in schools and restaurants, at games and events! Check out www.eatright.org for more information!!



This month's Farm-to-School menu item is Maple Syrup from the Goodell Family Farm in Mantua!! This has been a community staple since 1825!

