

SEPTEMBER | 2024

Crestwood Local Schools



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>2</p> 	<p>3</p> <p>EGGO Mini Pancakes w/Maple Syrup for dipping Egg & Cheese Omelet Hash Brown, Sausage Links Assorted Fruits Orange Juice Fat-Free Milk</p>	<p>4</p> <p>Stuffed Crust Pizza (Cheese or Pepperoni) Spinach & Romaine Salad Assorted Fruits/Juice Fat-Free Milk</p>	<p>5</p> <p>Scratch-Made Mac & Cheese Garlic Breadstick Steamed Green Beans Assorted fruits/juice Fat-Free Milk</p>	<p>6</p> <p>Cheesy Bosco Sticks w/Marinara Baked French Fries Assorted Veggies Assorted Fruits/Juice Fat-Free Milk</p>
<p>9</p> <p>Chicken Sandwich on Whole-Grain Bun Baby Carrots w/Fat-free Ranch Baked Beans Assorted fruits/Juice Fat-Free Milk</p>	<p>10</p> <p>Chicken Tenders w/dipping sauces Honey-Wheat Dinner Roll Mixed Veggies Assorted Fruits/Juice Fat-Free Milk</p>	<p>11</p> <p>Domino's Pizza (Cheese or Pepperoni) Spinach & Romaine Salad Assorted fruits/Juice Fat-Free Milk</p>	<p>12</p> <p>Asian Bowl Choice of Beed Teriyaki or Sweet & Sour Chicken over Brown Rice Steamed Broccoli Assorted Fruits/Juice Fat-Free Milk Fortune Cookie</p>	<p>13</p> <p>Deli-trio Combo Sub Sandwich Pasta Salad Assorted Fresh Veggies Assorted Fruit/Juice Fat-Free Milk Crestwood's Famous Peanut-Butter Bar <i>National Peanut Day</i></p>
<p>16</p> <p>Cheeseburger w/baked fries Assorted Veggies, Assorted Fruits/Juice and Fat-Free Milk</p>	<p>17</p> <p>Choice of Chicken Burrito ~or~ Beef Taco's Fire-Roasted Corn & Black Bean Salsa Assorted Fruit/Juice Cinnamon Tostada Fat-Free Milk</p>	<p>18</p> <p>Cheese or Pepperoni Pizza Spinach & Romaine Salad Assorted Fruit/Juice Fat-Free Milk</p>	<p>19</p> <p>CPS & CIS- Pulled Pork Nachos or Totchos 7-12- Chicken Drumstick w/mashed potatoes Veggie Boats w/dip Assorted Fruits/Juice Fat-Free Milk</p>	<p>20</p> <p>Lasagna Roll-ups w/ Marinara & Fresh Mozzarella Garlic Toast Italian Bean Salad Assorted Fruits/Juice Fat-Free Milk</p>
<p>23</p> <p>Cheese Quesadilla Nachos w/ cheese & salsa Black Beans Assorted Fruit/Juice Fat-Free Milk</p>	<p>24</p> <p>Choice of Spaghetti w/Meatballs ~or~ Beef Ravioli Garlic Twist Breadstick Steamed Green Beans Assorted Fruit/Juice Fat-Free Milk</p>	<p>25</p> <p>Domino's Pizza (Cheese or Pepperoni) Spinach & Romaine Salad Assorted fruits/Juice Fat-Free Milk</p>	<p>26</p> <p>BBQ Riblet Sandwich Baked French Fries Assorted Fruits/Juice Fat-Free Milk Fat-Free Ice Cream Treat</p>	<p>27</p> <p>CPS- Build-a-Pizza Lunchable CIS & 7-12- Choice of Meatball Sub ~or~ Meatball Marinara Bowl w/Fresh Mozzarella Honey-Glazed Carrots with Honey from Blessed Bee in Shalersville Assorted Fruit/Juice Fat-Free Milk</p>
<p>30</p> <p>Chicken Strips w/dipping sauces Honey-Wheat Dinner Roll Mixed Veggies Assorted Fruits/Juice Fat-Free Milk</p>	<p>1</p>	<p>2</p>	<p>3</p>	<p>4</p>

News

September is a Month for celebrating National Food Holidays for Whole Grains & Potatoes! Speaking of potatoes...will you be attending the Potato Festival Sept. 6th-8th?



September also celebrates the National campaign "Fruits & Veggies- More Matters" Did you know all students may choose 2 vegetables AND 2 fruits with school lunch each day? Doing so fills 1/2 their tray with healthy vitamins & nutrients that are vital for health!!



We continue the September celebrations with National Honey Month!! Students will enjoy honey-glazed carrots with honey from Blessed Bee in Shalersville on Sept. 27th!! #farmtoschool

