

NOVEMBER | 2021



Crestwood Local Schools Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken Strips w/dipping sauces Whole-grain Dinner Roll Sweet Potato Fries Assorted Fruits/Juice Milk	2 Handcrafted Sub Sandwich Frito Lay Baked Chips Fresh Baby Carrots w/FF Ranch Assorted fruits/Juice Election Day Educational Cookie & Milk National Sub Day/Election Day	3 Domino's Pizza Spinach & Romaine Salad Assorted fruits/Juice Milk	4 Walking Taco Rice, Beans & Cheese Assorted fruit/Juice Milk National Nacho Day	5 Freshly Glazed WG Donuts Cheese Omelet Sausage Links Hashbrowns Orange Juice Milk National Donut Day
8 Chicken Sandwich Fresh Veggie Boats Assorted fruits/juice Milk Rice Krispy Treat	9 Dos Tacos Pintos & Cheese Assorted Fruits/Juice Milk Vanilla Cupcake Taco Tuesday National Vanilla Cupcake	10 Personal Pan Pizza Spinach & Romaine Salad Assorted fruits/juice Milk	11 Hot Dog (CPS) Hot Dog or Chili Dog Choice (CIS, CMS, CHS) Baked French Fries Assorted fruits/juice Milk	12 Pulled Pork on a fresh baked Hoagie Roll Sweet Potato Tots Assorted Fruits/Juice Crestwood's FAMOUS Peanut- Butter Bar Milk
15 Cheeseburger Sliders Onion Rings Assorted Fruit/juice Milk	16 Turkey Mashed Potatoes & Gravy Buttered Corn Cinnamon Applesauce Pumpkin Bar Milk Thanksgiving Feast Day	17 Domino's Pizza Spinach & Romaine Salad Assorted fruits/Juice Milk	18 Meatball Sub w/fresh mozzarella Steamed Green Beans Assorted fruits/juice Milk	19 Cook's Choice
22 Cook's Choice	23 Cook's Choice	24 No School		26 No School
29 Chicken Sandwich Baked Fries Assorted fruits/juice Milk	30 Spaghetti w/ meatsauce WG Garlic Toast Steamed Green Beans Assorted fruits/juice Milk	1	2	3

News

November is National Good Nutrition Month: Stuck in the middle between the trick-or-treat sweet fest and the holiday season, November's Good Nutrition Month reminds us all of the importance of eating healthy.

So what does Good Nutrition mean? It means eating an adequate amount of fruits, vegetables, whole grains, proteins, dairy and fats each day to keep your body healthy. All the while enjoying your favorite "not so healthy" foods in moderation.

