



MARCH | 2021

Crestwood Local Schools Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 Chicken Tenders w/ dipping sauces & WG Roll Baked sweet potato puffs Assorted fruits/juice Milk Peanut-Butter Cookie National Peanut Butter Lovers Day	2 Chicken & Cheese Quesadilla Santa Fe Rice w/beans Assorted fruits/juice Milk	3 Tony's Personal Pan Pizza (Cheese or pepperoni) Spinach & Romaine Salad Assorted fruits/juice	4 Creamed Turkey over buttermilk biscuit Mashed Potatoes & Gravy Steamed Corn Assorted Fruits/Juice Milk	5 Cheeseburger Sliders Baked Onion Rings Assorted fruits/juice Milk
8 Beef Teriyaki over rice Steamed Broccoli & Carrots Assorted fruits/juice Milk Fortune Cookie	9 Meatball Sub w/fresh mozzarella Baked French Fries Assorted Fruits/juice Milk National Meatball Day	10 Domino's Pizza (Cheese or pepperoni) Spinach & Romaine Salad Assorted fruits/juice Milk	11 Scratch-made Mac & Cheese Mixed Veggies Assorted fruits/juice Milk National Eat your Noodles Day	12 Virtual Learning- Buildings Closed
15 Crestwood's Funky Chicken Bowl ~a layer of mashed potatoes, corn and popcorn chicken then topped with shredded cheddar Assorted Fruits/Juice Milk	16 Dos Taco's (CPS/CIS) Dos Taco's OR Taco Salad (CMS/CHS) Refried Beans Assorted fruits/juice Milk Taco Tuesday	17 Big Daddy's Pizza Slice (Cheese or pepperoni) Spinach & Romaine Salad Assorted fruits/juice	18 Sloppy Joe's Baked Sweet Potato Fries Assorted Fruits/Juice Milk National Sloppy Joe Day	19 Grilled Cheese Tomato Soup Veggie Boats w/FF Ranch Assorted Fruits/juice Oatmeal Cookie National Oatmeal Cookie Day
22 Cook's Choice	23 Cook's Choice	24 Domino's Pizza (Cheese or pepperoni) Spinach & Romaine Salad Assorted fruits/juice	25 Cook's Choice	26 Cook's Choice
29 Spring Break	30 Spring Break	31 Spring Break	1	2

News

Did you know March is National Eat Right Month? Some helpful hints for eating healthy are:

- Include healthy foods from all food groups
- Stay hydrated
- Avoid distraction eating and take time to enjoy your food
- Choose healthy recipes to make during the week and stick to your grocery list while shopping.
- Try using species and herbs for a flavor boost!

