



Cresthaven Academy

January 2024

Lunch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<i>All of our food is made fresh Daily.</i>	<i>Our Featured Wellness Item of the month is highlighted in orange.</i>			
	1	2	3 Baked Chicken Patty on a Whole Wheat Bun 1ea Maple Baked Beans 3/4 Cup 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz PC Ketchup 1ea	4 W.G Chicken Nuggets 5ea Wrapped Whole Wheat Bread 1ea Broccoli 3/4C Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz PC Ketchup 1ea	5 Whole Wheat Pizza 1ea Cauliflower 3/4 Cup 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz	6
7	8 Homemade Ziti w/ Meat Sauce 6oz Wrapped WW Mountain Roll 1ea Corn 3/4 Cup 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz	9 Baked Chicken Sticks 8ea Wrapped WW Mountain Roll 1ea Red Beans 3/4 cup Fresh Orange 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz PC Ketchup 1ea	10 Beef Meatballs w/ Marinara Sauce 3ea Wrapped WW Hot Dog Bun 1ea Whole Baby Carrots 3/4 Cup 100% Apple Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz	11 French Toast Sticks 3ea-3oz Turkey Sausage Links 3ea Baked Home Fries 3/4 Cup 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz PC Maple Syrup 1ea	12 Whole Wheat Pizza 1ea Green Beans 3/4 Cup 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz	13
14	15 MLK Day / SCHOOL CLOSED	16 Crispy Chicken Breast on Whole Wheat Bun 3oz Broccoli 3/4C Granny Smith Green Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz PC Ketchup 1ea	17 W.G Pancakes 2ea Turkey Sausage Links 3ea Baked Home Fries 3/4 Cup 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz PC Maple Syrup 1ea	18 Boxed Lunches 1ea Beef Bologna and American Cheese on Whole Wheat Bread 1ea Large Bag Baby Carrots 3/4c Fresh Clementine 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz PC Mayo 1ea PC Mustard 1ea	19 Whole Wheat Pizza 1ea Cauliflower 3/4 Cup 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz	20
21	22 Lean Beef Nachos w/ Cheese 2.5oz Lean Beef Taco Meat 2.5oz Shredded Cheddar .5 oz Black Beans 3/4c Bag Baked Tostitos Scoops 1ea Graham Crackers 3pk 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz	23 Grilled Chicken Breast 1ea Wrapped WW Mountain Roll 1ea Honey Glazed Whole Baby Carrots 3/4 Cup Fresh Orange 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz PC Ketchup 1ea	24 French Toast Sticks 3ea-3oz Turkey Sausage Links 3ea Baked Home Fries 3/4 Cup 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz PC Maple Syrup 1ea	25 Baked Chicken Patty on a Whole Wheat Bun 1ea Maple Baked Beans 3/4 Cup 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz PC Ketchup 1ea	26 Whole Wheat Pizza 1ea Green Bean/Wax Bean Blend 3/4 cup 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz	27
28	29 W.G Waffle 1ea Turkey Sausage Links 3ea Baked Home Fries 3/4 Cup 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz PC Maple Syrup 1ea	30 W.G Chicken Nuggets 5ea Wrapped Whole Wheat Bread 1ea Corn 3/4 Cup Granny Smith Green Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz PC Ketchup 1ea	31 PTC Boxed Lunches 1ea Turkey and American Cheese on Whole Wheat Bread 1ea Large Bag Baby Carrots 3/4c Fresh Clementine 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz PC Mayo 1ea			