

Cresthaven Academy

October 2023

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 Sloppy Joe on W/W Hamburger Bun 4 oz Sliced Carrots 3/4 Cup 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz	3 Hamburger on a WW Bun 1ea Corn 3/4 Cup Fresh Orange 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz PC Ketchup 1ea	4 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	5 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	6 Whole Wheat Pizza 1ea Cauliflower 3/4 Cup 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz	7
8	9 SCHOOL CLOSED	10 Box Lunch Day Turkey and cheese Sandwich Macaroni Fresh Orange 1ea 1% Milk 8oz Fruit Punch Juice 4oz PC Mayonnaise 1ea	11 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	12 Cheese Ravioli w/ Marinara 3ea Wrapped Whole Wheat Bread 1ea Spinach 3/4 Cup Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz	13 Whole Wheat Pizza 1ea Green Beans 3/4 Cup 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz	14
15	16 WG Chicken Pancakes Bites 6 each Turkey Sausage Diced Potato Banana 1 ea 1% Milk 8oz	17 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	18 Grilled Cheese on WW Bread 1ea Red Beans 3/4 cup 100% Fruit Punch 4oz Fat Free Chocolate or Skim 8oz	19 Box Lunch Day Turkey and cheese Sandwich Macaroni Fresh Orange 1ea 1% Milk 8oz Fruit Punch Juice 4oz PC Mayonnaise 1ea	20 Whole Wheat Pizza 1ea Cauliflower 3/4 Cup 100% Orange Juice 4oz 1% Milk 8oz	21
22	23 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	24 Grilled Chicken Breast 1ea Whole wheat Bun 1ea Mashed Potatoes 3/4 Cup Fresh Orange 1ea 1% Milk 8oz PC Ketchup 1ea	25 Beef Chili 3oz Brown Rice 1/2 Cup Sliced Carrots 3/4 Cup 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz	26 WG Mini Corn Dog Nuggets 6 each Broccoli 3/4C Fresh Banana 1ea 1% Milk 8oz PC Mustard 1ea	27 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	28
29	30 Stuffed Shells w/Sauce 6oz Wrapped Whole Wheat Bread 1ea Sliced Carrots 3/4 Cup 100% Grape Juice 4oz 1% Milk 8oz	31 Box Lunch Day Turkey and cheese Sandwich Potato Fresh Orange 1ea 1% Milk 8oz Fruit Punch Juice 4oz PC Mayonnaise 1ea				