

Cresthaven Academy

November 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 Homemade Baked Ziti 6oz Wrapped WW Mountain Roll 1ea Spinach 3/4 Cup 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz	2 Baked Chicken Patty on a Whole Wheat Bun 1ea Red Beans 3/4 cup Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz PC Ketchup 1ea	3 Whole Wheat Pizza 1ea Cauliflower 3/4 Cup 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz	4
5	6 Lean Beef Nachos w/ Cheese 2.5oz Lean Beef Taco Meat 2.5oz Shredded Cheddar .5 oz Bag Baked Tostitos Scoops 1ea Graham Crackers 3pk Black Beans 3/4c 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz	7 Boxed Lunch Day 1ea Beef Bologna and American Cheese on Whole Wheat Bread 1ea 100% Apple Juice 4oz Fresh Orange 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz	8 Cheese Ravioli w/ Marinara 3ea Wrapped WW Mountain Roll 1ea Spinach 3/4 Cup 100% Apple Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz	9 W.G Waffle 1ea Turkey Sausage Links 3ea Baked Home Fries 3/4 Cup Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz Maple Syrup PC 1ea	10 Veterans Day	11
12	13 Sloppy Joe on W/W Hamburger Bun 4 oz Maple Baked Beans 3/4 Cup 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz	14 WG Mini Corn Dog Nuggets 6 each Mashed Potatoes 3/4 Cup Fresh Orange 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz PC Mustard 1ea	15 Boxed Lunch Day 1ea Turkey and American Cheese on Whole Wheat Bread 1ea Large Bag Baby Carrots 3/4c Apple Sauce Cup 1/2C 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz PC Mayo 1ea	16 Homemade Ziti w/ Meat Sauce 6oz Wrapped Whole Wheat Bread 1ea Broccoli 3/4C 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz	17 Whole Wheat Pizza 1ea Cauliflower 3/4 Cup 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz	18
19	20 Meatballs w/ Marinara Sauce 3ea Wrapped WW Hot Dog Bun 1ea Corn 3/4 Cup 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz	21 Baked Chicken Sticks 8ea Wrapped WW Mountain Roll 1ea Red Beans 3/4 cup Fresh Pear 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz PC Ketchup 1ea	22 Boxed Lunch Day 1ea Turkey and American Cheese on a Whole Wheat Roll 1ea Fresh Apple 1ea 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz PC Mayo 1ea	23 Thanksgiving	24 Thanksgiving	25
26	27 Beef Chili 3oz Brown Rice 1/2 Cup Black Beans 3/4c 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz	28 Crispy Chicken Breast on Whole Wheat Bun 3oz Corn 3/4 Cup Fresh Orange 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz PC Ketchup 1ea	29 Boxed Lunch Day 1ea Turkey and American Cheese on Whole Wheat Bread 1ea Large Bag Baby Carrots 3/4c 100% Apple Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz PC Mayo 1ea	30 Hamburger on a WW Bun 1ea Honey Glazed Whole Baby Carrots 3/4 Cup Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz PC Ketchup 1ea		