

Cresthaven Academy
September 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
3	4 SCHOOL CLOSED	5 W.G Chicken Nuggets 5ea Wrapped Whole Wheat Bread 1ea Red Beans 3/4 cup Fresh Orange 1ea 1% Milk 8oz PC Ketchup 1ea	6 Homemade Baked Ziti 6oz Wrapped WW Mountain Roll 1ea Broccoli 3/4C 100% Fruit Punch 4oz 1% Milk 8oz	7 W.G Waffle 1ea Turkey Sausage Links 3ea Baked Home Fries 3/4 Cup Fresh Banana 1ea Fat Free chocolate Milk 8oz PC Maple Syrup 1ea	8 Whole Wheat Pizza 1ea Green Beans 3/4 Cup 100% Orange Juice 4oz 1% Milk 8oz	9
10	11 Lean Beef Nachos w/ Cheese 2.5 oz 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	12 Baked Chicken Patty on a Whole Wheat Bun 1ea Corn 3/4 Cup Fresh Orange 1ea 1% Milk 8oz PC Ketchup 1ea	13 Macaroni and Cheese 6oz Wrapped WW Mountain Roll 1ea Spinach 3/4 Cup 100% Apple Juice 4oz 1% Milk 8oz	14 Stuffed Cheese Sticks 2ea Marinara Sauce 2oz Whole Baby Carrots 3/4 Cup Fresh Banana 1ea 1% Milk 8oz	15 Whole Wheat Pizza 1ea Cauliflower 3/4 Cup 100% Orange Juice 4oz Fat Free Chocolate 8oz	16
17	18 Hamburger on WW Hamb Bun 1ea Maple Baked Beans 3/4 Cup 100% Grape Juice 4oz 1% Milk 8oz PC Ketchup 1ea	19 Baked Chicken Sticks 8ea Wrapped Whole Wheat Bread 1ea Mashed Potatoes 3/4 Cup Grenny Smith Green Apple 1ea Fat free Chocolate 8oz PC Ketchup 1ea	20 Homemade Ziti w/ Meat Sauce 6oz Wrapped WW Mountain Roll 1ea Broccoli 3/4C 100% Fruit Punch 4oz 1% Milk 8oz	21 WG Mini Corn Dog Nuggets 6 each Sliced Carrots 3/4 Cup Fresh Banana 1ea Fat Free chocolate Milk 8oz PC Mustard 1ea	22 Whole Wheat Pizza 1ea Green Bean/Wax Bean Blend 3/4 cup 100% Orange Juice 4oz 1% Milk 8oz	23
24	25 Grilled Chicken w/ BBQ Sauce 2.5 oz Wrapped WW Mountain Roll 1ea Black Beans 3/4c 100% Fruit Punch 4oz 1% Milk 8oz	26 Crispy Chicken Breast on Whole Wheat Bun 3oz Honey Glazed Whole Baby Carrots 3/4 Cup Fresh Orange 1ea Fat Free chocolate Milk 8oz PC Ketchup 1ea	27 Cheese Ravioli w/ Marinara 3ea Wrapped WW Mountain Roll 1ea Spinach 3/4 Cup 100% Grape Juice 4oz 1% Milk 8oz	28 Mini Maple Chicken Pancakes 7 each Baked Home Fries 3/4 Cup Fresh Banana 1ea 1% Milk 8oz Maple Syrup PC 1ea	29 Whole Wheat Pizza 1ea Cauliflower 3/4 Cup 100% Orange Juice 4oz Fat Free Chocolate 8oz	30