



**CRESTWOOD
SCHOOL DISTRICT**



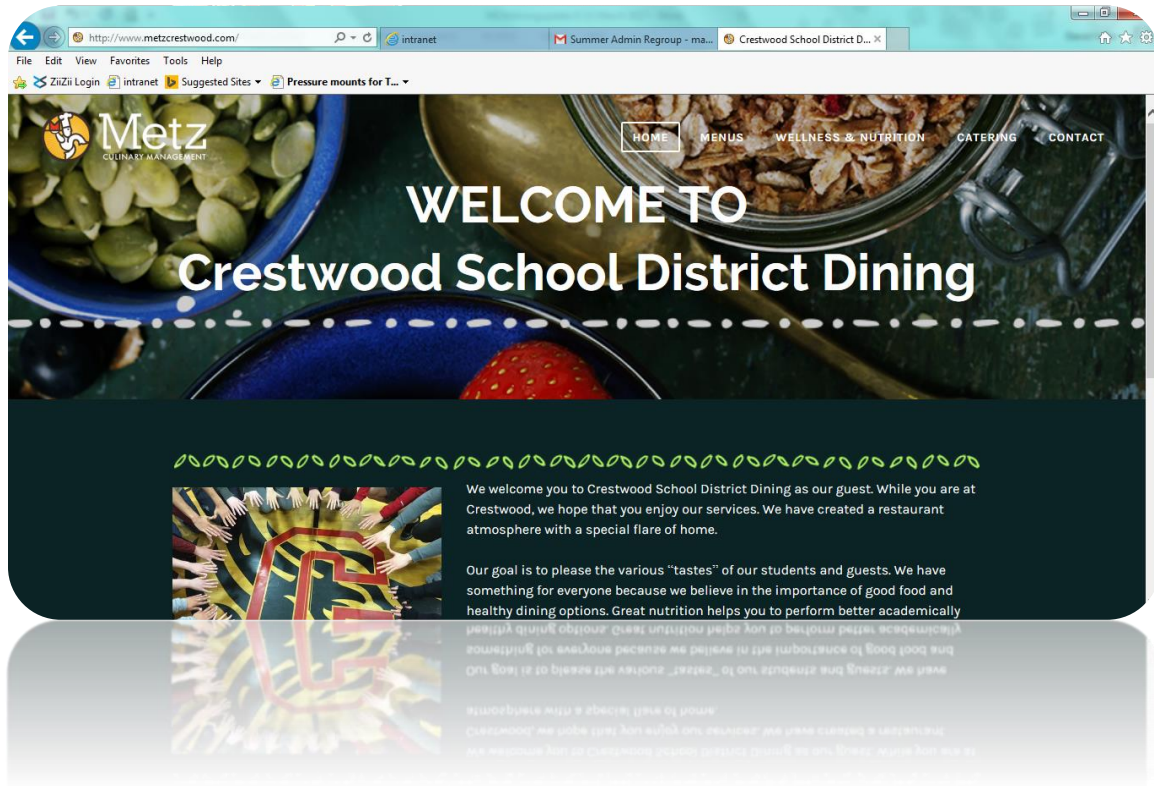
Metz
CULINARY MANAGEMENT

Cafeteria Update

**Crestwood School District Food Service
2018-19**



Welcome to Crestwood Food Service!!



Welcome to the 2018-19 school year!

Do you have a question about Crestwood’s cafeteria? Are you curious about what’s on the lunch menu? If so, you can now go to the updated CSD Food Service webpage and get all the information you need. The user friendly site contains all the information students, parents, teachers and community members need to know about CSD Food Service. Along with links to the menus, there are links for Nutritious Classroom Celebrations ordering, catering, applications for free and reduced meal benefits and much more.

You can reach the website directly at www.metzcrestwood.com or by selecting the Food Service link on the Crestwood School District website at www.csdcomets.org.

www.metzcrestwood.com



2018-19 Crestwood School District

MS/HS Breakfast	\$1.65	Reduced \$0.30	Adult: \$2.50
MS/HS Lunch	\$2.65	Reduced \$0.40	Adult: \$3.65
Elem. Breakfast	\$1.40	Reduced \$0.30	Adult: 2.50
Elem. Lunch	\$2.40	Reduced \$0.40	Adult: \$3.65

ALA CARTE PRICE LIST**

Extra Lunch Entrée: 1.50
Ala Carte Entrée: 1.65

Aquafina Water	\$1.55	Ice Cream	.85/1.00
Baked Chips (All Varieties)	.95	Iced Teas (12 oz.)	1.00
Bottled Water (8 oz.)	.65	Iced Teas (16 oz.)	1.30
Bottled Water (16 oz.)	1.30	Juice Cup	.80
Breakfast Entrée Only	1.00	Lemonade (12 oz.)	1.00
Breakfast Sandwich	1.00	Milk	.75
Capri Sun	1.00	Mozzarella Sticks	3.25
Cereal	.65	Muffins (Mini)	.75
Cereal Bars (All Varieties)	.95	Orange Drink (12 oz.)	1.00
Chex Mix	.95	Pizza (All Varieties)	1.65
Coffee (Large)	1.25	Pretzels (Soft – 2.5 oz.)	.65
Coffee (Medium)	1.00	Propel Drinks	1.55
Cookies (Large)	1.00	Salads	2.50
Sandwiches	1.65	Mini Donuts	1.25
Smoothies	2.25	ICED Coffee	1.95
Boneless Wings	3.95	Switch Juice (s)	1.30
Dinner Roll/Breadstick	.50	Tea (Hot)	.30
French Fries	.80	Vegetable(s)	.80
Fruit	.80	Wraps	1.65
Fruit Snacks (WELCH'S)	.95	Fruit Snacks (Small)	.75
Gatorade	1.55	Yogurt (6 oz.)	1.00
Granola Bars	.75	Hot Chocolate	.75

**Not all items listed are available at all schools and prices are subject to change.
All ala carte items meet USDA Guidelines for Smart Snacks in Schools.

Metz
CULINARY MANAGEMENT



Does your Child have Food Allergies or Dietary Restrictions??

Crestwood Food Service and Metz Culinary continue to be committed to serving our guests a well-balanced, nutritious and healthy meal. We take the safety of our students with special dietary restrictions and allergies as a priority. We will make every effort to accommodate these needs. Our staff in all buildings have been trained to handle dietary restrictions and allergies, as well as, ways to avoid cross contamination with additional potential allergens.

If your child has a specific allergy or dietary restriction, please contact our office at 570-474-6782 ext. 311 or via email at ma1106@metzcorp.com for additional information.

Please be sure to share this information with your child's teacher and school nurse!!



Nutritious Party Menu

Crestwood Food Service & Metz Culinary now offers healthy party packages for you to purchase for any celebration in the classroom - including birthday parties, student recognition parties, and everything in between.

Veggie-licious Party \$1.50/person
Assortment of fresh, raw veggies; served with fat-free ranch dip.

Fruit-abulous Party \$2.00/person
Assortment of fresh fruit in season; served with low-fat yogurt dip.

Salsa and Chips Party \$1.00/person
Corn and bean salsa served with baked Scoops chips.

Low Fat Ice Cream Party \$1.25/person
A variety of low fat, reduced fat Hershey's Ice Cream novelties. Call or email for varieties available.

Fresh Baked Cookies Party \$1.25/person
Fresh Baked Whole Grain Cookies individually wrapped and decorated with a sticker. Available in Chocolate Chip, Candy Coated Chocolate, Double Chocolate and Oatmeal Raisin.

Price per person includes your choice of one of the following:
1% or fat-free milk (regular or flavored), 100% fruit juice, or water.
Paper supplies are included & will be delivered directly to their classroom or specified location.
Packages can be combined.

All orders must be placed ONLINE at least 48hrs in advance.
Orders over the phone will no longer be accepted
www.metzcrestwood.com
The order form must be fully completed and can be found under 'Nutritious Party Menu' under the MENUS tab of foodservice webpage.



David A. Feller, General Manager
Metz Culinary Management
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Classroom Celebrations now easier than ever!!

Crestwood Food Service and Metz Culinary continue to offer parents/guardians the 'Nutritious Party Menu' for classroom celebrations at all Crestwood schools. This past year the ordering process has been streamlined and made easier through online ordering at www.metzcrestwood.com. All orders must be placed ONLINE at least 48hrs in advance. Orders over the phone will no longer be accepted. The order form must be fully completed and can be found under 'Nutritious Party Menu' under the MENUS tab of foodservice webpage. A link can also be found at the CSD website www.cscdcomets.org.



The Live Well program

The Live Well program is a comprehensive approach to student health and wellness. Our menus feature fresh fruits and vegetables including seasonal melons, variety of apples, bananas, broccoli florets, carrots, cherry tomatoes, spinach salad and cucumber slices to name a few. With these choices, along with the required sub-groups, CSD Food Service continues to exceed the requirements from the Healthy Hunger-Free Kids Act. We are proud to offer our students these delicious featured items, just to name a few.

**SUNSHINE
POTATOES**

**POWER-UP
PEPPERS**

**BUSTA
BROCCOLI**

You would be surprised at how well giving the items a kid-friendly name really works- they loved our names and our choices!!

Did you know?

- Grapefruit are one of the larger citrus fruits.
- Grapefruit prefer a tropical climate, like Florida.
- Grapefruit are really juicy and slightly sour. You can eat grapefruit just like an orange by peeling it and dividing it into segments.
- A grapefruit is 75% juice.
- They are called grapefruit because of how they grow on the tree, clustered like bunches of grapes.
- Grapefruit are hand-picked, no mechanical harvesting is used.

Recipe **Baked Grapefruit**

Ingredients:

- 1 grapefruit
- 2 tsp honey
- 1/4 tsp ground cinnamon

Directions:

1. Preheat oven to 400 degrees.
2. Slice grapefruit in half.
3. Drizzle the grapefruit with honey and sprinkle with cinnamon.
4. Bake 10-15 minutes. Serve hot with grapefruit spoon.

RECOMMENDED DAILY AMOUNT OF FRUITS & VEGETABLES

	VEGETABLES	FRUITS
Children, Ages 4-8	1 1/2 cups	1 - 1 1/4 cups
Children, Ages 9-13	2 - 2 1/2 cups	1 1/2 cups
Teens, Ages 14-18	2 1/2 - 3 cups	1 1/2 - 2 cups

Parents, This month in the cafeteria we are sampling grapefruit. It is recommended to include at least one Vitamin C rich fruit or vegetable such as oranges, grapefruit, strawberries, melon, tomatoes, or broccoli each day.

Trouble getting in all the recommended servings of fruit and vegetables for your child each day? Make it a goal for your family to add a fruit or vegetable to each meal and snack. For example, put fruit on cereal, add a handful of spinach to a fruit smoothie, add apple and cucumber slices to a turkey sandwich, top pizza with vegetables. Have picky eaters? Try grating or pureeing vegetables into soups, pasta, and casserole dishes.




Metz



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CRESTWOOD STUDENT ID NUMBER.
DON'T KNOW IT?
SIMPLY CONTACT US AT
570-474-6782 X 311 OR
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