



**MARCH  
2020**



**Metz**  
CULINARY MANAGEMENT

Visit us online at: [www.metzcrestwood.com](http://www.metzcrestwood.com)

**CRESTWOOD SCHOOL DISTRICT  
BREAKFAST MENU\***

**What is a Breakfast Meal?**

You must choose at least 3 of the 4 components available for the school breakfast price.

Choice of: Grain or grain/protein

Choice of fruit or vegetable  
(must take at least a 1/2 cup)  
and

Choice of Milk - 1% white, fat-free white,  
chocolate, vanilla and strawberry

**NOTE: You must take at least 1/2 cup of fruit  
or vegetable**

Fruit May Include:

Canned peaches, applesauce, pears, pineapple,  
fruit cocktail, mandarin oranges, 100% juice (apple,  
orange), fresh fruit selection including apples,  
bananas and oranges

Whole Grain Cereal Selection May Include:

Cinnamon Toast Crunch

Trix

Cocoa Puffs

Fruity Cheerios

Rice Crunch

Kix

Cheerios

Fruit Loops

Frosted Flakes

**Try one of our new  
CRAVEABLES!!!**

**\*MENU SUBJECT TO CHANGE**



**Breakfast Prices**  
Elementary Students \$1.40  
Secondary Students \$1.65  
Reduced \$0.30

**General Manager**  
David A. Feller  
**Phone Number**  
570-474-6782 ext 311

**Email**  
[ma1106@metzcorp.com](mailto:ma1106@metzcorp.com)

USDA is an equal opportunity provider and employer.

| Monday  | Tuesday   | Wednesday   | Thursday  | Friday   |
|---|---|---|---|--|
| <b>2</b><br>Toasted Bagel<br>w/ Jelly<br>or<br>Assorted Cereal<br>with Toast & Jelly<br><br>Assorted 100% Fruit Juice,<br>Assorted Fresh &<br>Canned Fruit<br>Choice of Milk        | <b>3</b><br>Egg & Cheese<br>Bagel<br>or<br>Assorted Cereal<br>with Toast & Jelly<br><br>Assorted 100% Fruit Juice,<br>Assorted Fresh &<br>Canned Fruit<br>Choice of Milk        | <b>4</b><br>Waffles<br>with Syrup<br>or<br>Assorted Cereal<br>with Toast & Jelly<br><br>Assorted 100% Fruit Juice,<br>Assorted Fresh &<br>Canned Fruit<br>Choice of Milk          | <b>5</b><br>Dutch<br>Waffle<br>or<br>Assorted Cereal<br>with Toast & Jelly<br><br>Assorted 100% Fruit Juice,<br>Assorted Fresh &<br>Canned Fruit<br>Choice of Milk              | <b>6</b><br>Cheese<br>Omelette<br>or<br>Assorted Cereal<br>with Toast & Jelly<br><br>Assorted 100% Fruit Juice,<br>Assorted Fresh &<br>Canned Fruit<br>Choice of Milk          |
| <b>9</b><br>Maple Pancake<br>Sausage Wrap<br>or<br>Assorted Cereal<br>with Toast & Jelly<br><br>Assorted 100% Fruit Juice,<br>Assorted Fresh &<br>Canned Fruit<br>Choice of Milk    | <b>10</b><br>Egg & Cheese<br>Bagel<br>or<br>Assorted Cereal<br>with Toast & Jelly<br><br>Assorted 100% Fruit Juice,<br>Assorted Fresh &<br>Canned Fruit<br>Choice of Milk       | <b>11</b><br>Twin Pancakes<br>w/ Syrup<br>or<br>Assorted Cereal<br>with Toast & Jelly<br><br>Assorted 100% Fruit Juice,<br>Assorted Fresh &<br>Canned Fruit<br>Choice of Milk     | <b>12</b><br>Scrambled Eggs<br>w/ Toast<br>or<br>Assorted Cereal<br>with Toast & Jelly<br><br>Assorted 100% Fruit Juice,<br>Assorted Fresh &<br>Canned Fruit<br>Choice of Milk  | <b>13</b><br>Waffles<br>w/ Syrup<br>or<br>Assorted Cereal<br>with Toast & Jelly<br><br>Assorted 100% Fruit Juice,<br>Assorted Fresh &<br>Canned Fruit<br>Choice of Milk        |
| <b>16</b><br>French Toast<br>Sticks w/ Syrup<br>or<br>Assorted Cereal<br>with Toast & Jelly<br><br>Assorted 100% Fruit Juice,<br>Assorted Fresh &<br>Canned Fruit<br>Choice of Milk | <b>17</b><br>Cheese<br>Omelette w/ Toast<br>or<br>Assorted Cereal<br>with Toast & Jelly<br><br>Assorted 100% Fruit Juice,<br>Assorted Fresh &<br>Canned Fruit<br>Choice of Milk | <b>18</b><br>Twin Pancakes<br>with Syrup<br>or<br>Assorted Cereal<br>with Toast & Jelly<br><br>Assorted 100% Fruit Juice,<br>Assorted Fresh &<br>Canned Fruit<br>Choice of Milk   | <b>19</b><br>Dutch<br>Waffle<br>or<br>Assorted Cereal<br>with Toast & Jelly<br><br>Assorted 100% Fruit Juice,<br>Assorted Fresh &<br>Canned Fruit<br>Choice of Milk             | <b>20</b><br>Breakfast<br>Pizza<br>or<br>Assorted Cereal<br>with Toast & Jelly<br><br>Assorted 100% Fruit Juice,<br>Assorted Fresh &<br>Canned Fruit<br>Choice of Milk         |
| <b>23</b><br><br>NO SCHOOL<br><br><b>ACT 80 DAY</b>   | <b>24</b><br>Egg & Cheese<br>Croissantst<br>or<br>Assorted Cereal<br>with Toast & Jelly<br><br>Assorted 100% Fruit Juice,<br>Assorted Fresh &<br>Canned Fruit<br>Choice of Milk | <b>25</b><br>Maple Pancake<br>Sausage Wrap<br>or<br>Assorted Cereal<br>with Toast & Jelly<br><br>Assorted 100% Fruit Juice,<br>Assorted Fresh &<br>Canned Fruit<br>Choice of Milk | <b>26</b><br>Cheese<br>Omelette w/ Toast<br>or<br>Assorted Cereal<br>with Toast & Jelly<br><br>Assorted 100% Fruit Juice,<br>Assorted Fresh &<br>Canned Fruit<br>Choice of Milk | <b>27</b><br>Scrambled Eggs<br>w/ Toast<br>or<br>Assorted Cereal<br>with Toast & Jelly<br><br>Assorted 100% Fruit Juice,<br>Assorted Fresh &<br>Canned Fruit<br>Choice of Milk |
| <b>30</b><br>Toasted Bagel<br>w/ Jelly<br>or<br>Assorted Cereal<br>with Toast & Jelly<br><br>Assorted 100% Fruit Juice,<br>Assorted Fresh &<br>Canned Fruit<br>Choice of Milk       | <b>31</b><br>Egg & Cheese<br>Bagel<br>or<br>Assorted Cereal<br>with Toast & Jelly<br><br>Assorted 100% Fruit Juice,<br>Assorted Fresh &<br>Canned Fruit<br>Choice of Milk       | <b>1</b><br>Waffles<br>with Syrup<br>or<br>Assorted Cereal<br>with Toast & Jelly<br><br>Assorted 100% Fruit Juice,<br>Assorted Fresh &<br>Canned Fruit<br>Choice of Milk          | <b>2</b><br>Dutch<br>Waffle<br>or<br>Assorted Cereal<br>with Toast & Jelly<br><br>Assorted 100% Fruit Juice,<br>Assorted Fresh &<br>Canned Fruit<br>Choice of Milk              | <b>3</b><br>Cheese<br>Omelette<br>or<br>Assorted Cereal<br>with Toast & Jelly<br><br>Assorted 100% Fruit Juice,<br>Assorted Fresh &<br>Canned Fruit<br>Choice of Milk          |