



FEBRUARY 2020



Visit us online at: 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
BREAKFAST 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

USDA is an equal opportunity provider and employer.

Monday

3

Toasted Bagel
w/ Jelly
or
Assorted Cereal
with Toast & Jelly

Assorted 100% Fruit Juice,
Assorted Fresh &
Canned Fruit
Choice of Milk

Tuesday

4

Egg & Cheese
Bagel
or
Assorted Cereal
with Toast & Jelly

Assorted 100% Fruit Juice,
Assorted Fresh &
Canned Fruit
Choice of Milk

Wednesday

5

Waffles
with Syrup
or
Assorted Cereal
with Toast & Jelly

Assorted 100% Fruit Juice,
Assorted Fresh &
Canned Fruit
Choice of Milk

Thursday

6

Dutch
Waffle
or
Assorted Cereal
with Toast & Jelly

Assorted 100% Fruit Juice,
Assorted Fresh &
Canned Fruit
Choice of Milk

Friday

7

Cheese
Omelette
or
Assorted Cereal
with Toast & Jelly

Assorted 100% Fruit Juice,
Assorted Fresh &
Canned Fruit
Choice of Milk

10

Maple Pancake
Sausage Wrap
or
Assorted Cereal
with Toast & Jelly

Assorted 100% Fruit Juice,
Assorted Fresh &
Canned Fruit
Choice of Milk

11

Egg & Cheese
Bagel
or
Assorted Cereal
with Toast & Jelly

Assorted 100% Fruit Juice,
Assorted Fresh &
Canned Fruit
Choice of Milk

12

Twin Pancakes
w/ Syrup
or
Assorted Cereal
with Toast & Jelly

Assorted 100% Fruit Juice,
Assorted Fresh &
Canned Fruit
Choice of Milk

13

Scrambled Eggs
w/ Toast
or
Assorted Cereal
with Toast & Jelly

Assorted 100% Fruit Juice,
Assorted Fresh &
Canned Fruit
Choice of Milk

14

Waffles
w/ Syrup
or
Assorted Cereal
with Toast & Jelly

Assorted 100% Fruit Juice,
Assorted Fresh &
Canned Fruit
Choice of Milk

17

NO SCHOOL

PRESIDENT'S DAY

18

Cheese
Omelette w/ Toast
or
Assorted Cereal
with Toast & Jelly

Assorted 100% Fruit Juice,
Assorted Fresh &
Canned Fruit
Choice of Milk

19

Twin Pancakes
with Syrup
or
Assorted Cereal
with Toast & Jelly

Assorted 100% Fruit Juice,
Assorted Fresh &
Canned Fruit
Choice of Milk

20

Dutch
Waffle
or
Assorted Cereal
with Toast & Jelly

Assorted 100% Fruit Juice,
Assorted Fresh &
Canned Fruit
Choice of Milk

21

Breakfast
Pizza
or
Assorted Cereal
with Toast & Jelly

Assorted 100% Fruit Juice,
Assorted Fresh &
Canned Fruit
Choice of Milk

24

Toasted Bagel
w/ Jelly
or
Assorted Cereal
with Toast & Jelly

Assorted 100% Fruit Juice,
Assorted Fresh &
Canned Fruit
Choice of Milk

25

Egg & Cheese
Croissant
or
Assorted Cereal
with Toast & Jelly

Assorted 100% Fruit Juice,
Assorted Fresh &
Canned Fruit
Choice of Milk

26

Waffles
with Syrup
or
Assorted Cereal
with Toast & Jelly

Assorted 100% Fruit Juice,
Assorted Fresh &
Canned Fruit
Choice of Milk

27

Cheese
Omelette w/ Toast
or
Assorted Cereal
with Toast & Jelly

Assorted 100% Fruit Juice,
Assorted Fresh &
Canned Fruit
Choice of Milk

28

Scrambled Eggs
w/ Toast
or
Assorted Cereal
with Toast & Jelly

Assorted 100% Fruit Juice,
Assorted Fresh &
Canned Fruit
Choice of Milk

2

Toasted Bagel
w/ Jelly
or
Assorted Cereal
with Toast & Jelly

Assorted 100% Fruit Juice,
Assorted Fresh &
Canned Fruit
Choice of Milk

3

Egg & Cheese
Bagel
or
Assorted Cereal
with Toast & Jelly

Assorted 100% Fruit Juice,
Assorted Fresh &
Canned Fruit
Choice of Milk

4

Waffles
with Syrup
or
Assorted Cereal
with Toast & Jelly

Assorted 100% Fruit Juice,
Assorted Fresh &
Canned Fruit
Choice of Milk

5

Dutch
Waffle
or
Assorted Cereal
with Toast & Jelly

Assorted 100% Fruit Juice,
Assorted Fresh &
Canned Fruit
Choice of Milk

6

Cheese
Omelette
or
Assorted Cereal
with Toast & Jelly

Assorted 100% Fruit Juice,
Assorted Fresh &
Canned Fruit
Choice of Milk