



**JANUARY
2019**



Metz
CULINARY MANAGEMENT

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
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
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USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>31</p> <p>NO SCHOOL</p> <p>Holiday Break</p>	<p>1</p> <p>NO SCHOOL</p> <p>HAPPY NEW YEAR 2019</p>	<p>2</p> <p>Twin Pancakes w/ Syrup or Assorted Cereal with Toast & Jelly</p> <p>Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk</p>	<p>3</p> <p>Scrambled Eggs w/ Toast or Assorted Cereal with Toast & Jelly</p> <p>Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk</p>	<p>4</p> <p>Waffles w/ Syrup or Assorted Cereal with Toast & Jelly</p> <p>Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk</p>
<p>7</p> <p>Breakfast Burrito or Assorted Cereal with Toast & Jelly</p> <p>Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk</p>	<p>8</p> <p>Egg & Cheese Bagel or Assorted Cereal with Toast & Jelly</p> <p>Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk</p>	<p>9</p> <p>Waffles with Syrup or Assorted Cereal with Toast & Jelly</p> <p>Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk</p>	<p>10</p> <p>Dutch Waffle or Assorted Cereal with Toast & Jelly</p> <p>Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk</p>	<p>11</p> <p>Cheese Omelette or Assorted Cereal with Toast & Jelly</p> <p>Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk</p>
<p>14</p> <p>Egg & Cheese Bagel or Assorted Cereal with Toast & Jelly</p> <p>Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk</p>	<p>15</p> <p>Cheese Omelette w/ Toast or Assorted Cereal with Toast & Jelly</p> <p>Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk</p>	<p>16</p> <p>Twin Pancakes with Syrup or with Toast & Jelly</p> <p>Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk</p>	<p>17</p> <p>Scrambled Eggs w/ Toast or Assorted Cereal with Toast & Jelly</p> <p>Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk</p>	<p>18</p> <p>Breakfast Pizza or Assorted Cereal with Toast & Jelly</p> <p>Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk</p>
<p>21</p> <p>NO SCHOOL</p> <p>MLK JR DAY</p>	<p>22</p> <p>Egg & Cheese Bagel or Assorted Cereal with Toast & Jelly</p> <p>Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk</p>	<p>23</p> <p>Waffles with Syrup or Assorted Cereal with Toast & Jelly</p> <p>Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk</p>	<p>24</p> <p>Dutch Waffle or Assorted Cereal with Toast & Jelly</p> <p>Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk</p>	<p>25</p> <p>Cheese Omelette or Assorted Cereal with Toast & Jelly</p> <p>Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk</p>
<p>28</p> <p>Maple Pancake Sausage Wrap or Assorted Cereal with Toast & Jelly</p> <p>Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk</p>	<p>29</p> <p>Egg & Cheese Bagel or Assorted Cereal with Toast & Jelly</p> <p>Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk</p>	<p>30</p> <p>Twin Pancakes w/ Syrup or Assorted Cereal with Toast & Jelly</p> <p>Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk</p>	<p>31</p> <p>Scrambled Eggs w/ Toast or Assorted Cereal with Toast & Jelly</p> <p>Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk</p>	<p>1</p> <p>Waffles w/ Syrup or Assorted Cereal with Toast & Jelly</p> <p>Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk</p>