



**MARCH
2019**



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

ma1106@metzcorp.com

USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
25 Maple Pancake Sausage Wrap or Assorted Cereal with Toast & Jelly Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk	26 Egg & Cheese Bagel or Assorted Cereal with Toast & Jelly Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk	27 Twin Pancakes w/ Syrup 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	1 Waffles w/ Syrup or Assorted Cereal with Toast & Jelly Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk
4 Maple Pancake Sausage Wrap or Assorted Cereal with Toast & Jelly Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk	5 Egg & Cheese Bagel or Assorted Cereal with Toast & Jelly Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk	6 Twin Pancakes w/ Syrup or Assorted Cereal with Toast & Jelly Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk	7 Scrambled Eggs w/ Toast or Assorted Cereal with Toast & Jelly Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk	8 Waffles w/ Syrup or Assorted Cereal with Toast & Jelly Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk
11 French Toast Sticks w/ Syrup or Assorted Cereal with Toast & Jelly Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk	12 Cheese Omelette w/ Toast or Assorted Cereal with Toast & Jelly Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk	13 Twin Pancakes with Syrup or Assorted Cereal with Toast & Jelly Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk	14 Dutch Waffle or Assorted Cereal with Toast & Jelly Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk	15 Breakfast Pizza or Assorted Cereal with Toast & Jelly Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk
18 Toasted Bagel w/ Jelly or Assorted Cereal with Toast & Jelly Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk	19 Egg & Cheese Croissant or Assorted Cereal with Toast & Jelly Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk	20 French Toast Sticks with Syrup or Assorted Cereal with Toast & Jelly Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk	21 Cheese Omelette w/ Toast or Assorted Cereal with Toast & Jelly Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk	22 Scrambled Eggs w/ Toast or Assorted Cereal with Toast & Jelly Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk
25 Toasted Bagel w/ Jelly or Assorted Cereal with Toast & Jelly Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk	26 Egg & Cheese Bagel or Assorted Cereal with Toast & Jelly Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk	27 Waffles with Syrup or Assorted Cereal with Toast & Jelly Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk	28 Dutch Waffle or Assorted Cereal with Toast & Jelly Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk	29 Cheese Omelette or Assorted Cereal with Toast & Jelly Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk