



**DECEMBER
2018**



**CRESTWOOD SCHOOL DISTRICT
ELEMENTARY LUNCH MENU**

Visit us online at: www.metzcrestwood.com

What is a Meal?
You must choose at least 3 of the 5 components available for the school lunch price.
Minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch
Meat or meat alternate
Choice of Vegetable
Choice of Fruit
Grain/Bread
Choice of Milk - 1% white, and fat-free chocolate

Weekly Vegetable Subgroups May Include:
Dark green - spinach, broccoli, romaine and spring salad
Red/Orange - carrots, sweet potatoes, tomatoes, red peppers
Beans/Peas
Starchy - white potatoes, corn, and lima beans
Other Vegetables: celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage

Daily Fruit Selection May Include:
oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

Daily Entree Options may include:
NEW CRAVEABLES!!!
PB&J Sandwich
Assorted Fresh Deli Sandwiches
Assorted Fresh Salads

Is it your Birthday??
You can now order nutritious snacks for your classroom celebration by visiting: (fees apply)
www.metzcrestwood.com
Choose "Nutritious Party Menu" under Menu tab.
Orders must be placed online, at least 48hrs in advance.

**Beat-head
BEET**



Lunch Prices
Student \$2.40
Reduced \$0.40
Adult \$3.65

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David A. Feller
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USDA is an equal opportunity provider and employer.



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Hot Ham & Cheese on a Pretzel Roll or Chicken Nuggets Choice of Bread or Roll Featured Veggies: Baked Beans SIICED RED BEETS Choice of Fruit Choice of Milk</p>	<p>4 Twin Pancakes w/ Scrambled Eggs or Cheeseburger On a Bun Featured Veggies: Tater Tots Carrot Sticks 100% Fruit Juice Choice of Milk</p>	<p>5 Mini Corn Dogs Nuggets or Hot Dog On a Bun Featured Veggies: Green Beans Fresh Broccoli 100% Fruit Juice Choice of Milk</p>	<p>6 Penne Pasta & Meatsauce Garlic Bread Stick or Chicken Patty On a Bun Featured Veggies: Steamed Carrots Corn Salad Choice of Fruit Choice of Milk</p>	<p>7 Pulled Pork BBQ On a Bun or Pepperoni Pizza Bagel Featured Veggies: Oven Browned Sweet Potato Chick Pea Salad Choice of Fruit Choice of Milk</p>
<p>10 Turkey & Cheese Melt On a Croissant or Chicken Mash Potato Bowl with a Dinner Roll Featured Veggies: Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk</p>	<p>11 Macaroni & Cheese or Cheeseburger On a Bun Featured Veggies: Yellow Beans Stewed Tomatoes Choice of Fruit Choice of Milk</p>	<p>12 Asian Sesame Chicken Over Rice or Hot Dog On a Bun Featured Veggies: Steamed Broccoli Carrot Sticks Choice of Fruit Choice of Milk</p>	<p>13 Chicken Fajita On a Soft Tortilla or Chicken Patty On a Bun Featured Veggies: Refried Beans SIICED RED BEETS Choice of Fruit Choice of Milk</p>	<p>14 BBQ Ribby On a Roll or Italian Dunkers with dipping sauce Featured Veggies: Oven Fries Steamed Carrots Choice of Fruit Choice of Milk</p>
<p>17 Toasted Cheese Sandwich or Chicken Nuggets Choice of Bread or Roll Featured Veggies: Tomato Soup Tater Tots Choice of Fruit Choice of Milk</p>	<p>18 Walking Taco Tortilla Chips or Cheeseburger On a Bun Featured Veggies: Refried Beans Lettuce & Tomato Choice of Fruit Choice of Milk</p>	<p>19 Chicken in Gravy Over a Biscuit or Hot Dog On a Bun Featured Veggies: Mashed Potatoes SIICED RED BEETS Choice of Fruit Choice of Milk</p>	<p>20 Spaghetti & Meat Sauce Garlic Bread or Chicken Patty On a Bun Featured Veggies: Yellow Beans Caesar Salad Choice of Fruit Choice of Milk</p>	<p>21 Chicken & Cheese Quesadilla or Pepperoni Pizza Featured Veggies: Sweet Potato Fries Corn Salad Choice of Fruit Choice of Milk</p>
<p>24 NO SCHOOL Winter Break</p>	<p>25 NO SCHOOL Winter Break MERRY CHRISTMAS</p>	<p>26 NO SCHOOL Winter Break</p>	<p>27 NO SCHOOL Winter Break</p>	<p>28 NO SCHOOL Winter Break</p>
<p>31 NO SCHOOL Winter Break</p>	<p>1 NO SCHOOL Winter Break Happy 2019!</p>	<p>2 French Toast Sticks With Breakfast Sausage or Hot Dog On a Bun Featured Veggies: Potato Triangles Ranchero Carrots Choice of Fruit Choice of Milk</p>	<p>3 BBQ Ribby On a Bun or Chicken Patty On a Bun Featured Veggies: Steamed Broccoli Celery Sticks with Ranch Choice of Fruit Choice of Milk</p>	<p>29 Smothered Pierogies Bacon Cheddar or Cheesy Pizza Featured Veggies: Steamed Carrots Cucumber Slices Choice of Fruit Choice of Milk</p>