



NOVEMBER 2019



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: (fee applies)
www.metzcrestwood.com
Choose "Nutritious Party Menu" under Menus tab.
Orders must be placed online, at least 48hrs in advance.
NOTE: ONLINE PAYMENT IS NOW REQUIRED
via MySchoolBucks.com, fee applies

Featured Nutritious Friends:

Mystery Date



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

General Manager
David A. Feller

Phone Number
570-474-6782 ext. 311

Email

ma1106@metzcoop.com

USDA is an equal opportunity provider and employer.



Monday	Tuesday	Wednesday	Thursday	Friday
28 Toasted Cheese Sandwich or Chicken Nuggets Pretzel Sticks Featured Veggies: Tomato Soup Tater Tots Choice of Fruit Choice of Milk	29 Walking Taco Tortilla Chips or Cheeseburger On a Bun Featured Veggies: Refried Beans Baby Carrots Choice of Fruit Choice of Milk	30 Chicken & Gravy Over a Biscuit or Hot Dog On a Bun Featured Veggies: Mashed Potatoes Cucumber Salad Choice of Fruit Choice of Milk	31 Spaghetti & Meat Sauce Garlic Bread or Chicken Patty On a Bun Featured Veggies: Yellow Beans HALLOWEEN TREAT Choice of Fruit Choice of Milk	1 Chicken & Cheese Quesadilla or Pepperoni Pizza Featured Veggies: Oven Brownd Sweet Potato Corn Salad Choice of Fruit Choice of Milk
4 Philly Steak & Cheese on a Roll or Popcorn Chicken with a Dinner Roll Featured Veggies: Curly Fries Chick Pea Salad FROZEN 100% JUICE CUP Choice of Milk	5 French Toast Sticks With Scrambled Eggs or Cheeseburger On a Bun Featured Veggies: Potato Triangles Red Pepper Strips 100% Fruit Juice Choice of Milk	6 *National Nacho Day* Nacho Grande w/ Beef Tortilla Chips or Hot Dog On a Bun Featured Veggies: Mexicala Corn Tomato & Onion Salad Choice of Milk	7 Asian Sesame Chicken w/ Rice or Chicken Patty On a Bun Featured Veggies: Steamed Carrots Celery Sticks with Ranch Choice of Fruit Choice of Milk	8 NO SCHOOL ACT 80 Day
11 NO SCHOOL Veteran's Day	12 Italian style Meatballs w/ Penne Pasta & Bread or Cheeseburger On a Bun Featured Veggies: Steamed Carrots Garden Salad Choice of Fruit Choice of Milk	13 Hot Ham & Cheese on Pretzel Bun or Hot Dog On a Bun Featured Veggies: Steamed Peas Carrot Sticks Choice of Fruit Choice of Milk	14 Thanksgiving Meal Roasted Turkey w/ Gravy Traditional Stuffing Cranberry Sauce Dinner Roll Featured Veggies: Mashed Potatoes Steamed Corn THANKSGIVING TREAT Choice of Milk	15 Stuffed Crust Pizza or Meatball Hoagie Featured Veggies: Baby Carrots Green Beans Choice of Fruit Choice of Milk
18 Mini Corn Dogs Nuggets or Popcorn Chicken Bowl with a Dinner Roll Featured Veggies: Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk	19 Walking Taco Spanish Rice or Cheeseburger On a Bun Featured Veggies: Refried Beans Tomato & Onion Salsa Choice of Fruit Choice of Milk	20 Cowboy Burger Cheese, Onion Rings, BBQ Sauce or Hot Dog On a Bun Featured Veggies: Tater Tots Fresh Cucumber Slices Choice of Fruit Choice of Milk	21 Penne w/ Meatsauce Garlic Bread Stick or Chicken Patty On a Bun Featured Veggies: Steamed Carrots Corn Salad FROZEN 100% JUICE CUP Choice of Milk	22 Italian Dunkers w/ Marinara or Meatball Hoagie Featured Veggies: Green Beans Chick Pea Salad Choice of Fruit Choice of Milk
25 Macaroni & Cheese Choice of Bread or Roll or Chicken Sticks Choice of Bread or Roll Featured Veggies: Yellow Beans Stewed Tomatoes Choice of Fruit Choice of Milk	26 Sloppy Joe On a Roll or Cheeseburger On a Bun Featured Veggies: Steamed Broccoli **National Cake Day** Enjoy a piece of cake w/ Lunch Choice of Milk	27 Oven Roasted Chicken Buttered Noodles or Hot Dog On a Bun Featured Veggies: Green Beans Cucumber Salad Choice of Fruit Choice of Milk	28 NO SCHOOL Thanksgiving Break	29 NO SCHOOL Thanksgiving Break