



**APRIL
2019**



Metz
CULINARY MANAGEMENT

Visit us online at: www.metzcrestwood.com

**CRESTWOOD SCHOOL DISTRICT
ELEMENTARY LUNCH MENU**

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.

April's Nutritious Friend:



**CHATTY
CALL-IFLOWER**

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

General Manager
David A. Feller
Phone Number
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Email

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Monday	Tuesday	Wednesday	Thursday	Friday
1 Asian Sesame Chicken Over Rice or Chicken Sticks with a Dinner Roll Featured Veggies: Steamed Broccoli Cucumber Slices Choice of Fruit Choice of Milk	2 Sloppy Joe on a Pretzel Roll or Cheeseburger On a Bun Featured Veggies: Green Peas Tomato Wedges Choice of Fruit Choice of Milk	3 Waffles w/ Syrup w/ Scrambled Eggs or Hot Dog On a Bun Featured Veggies: Tater Tots Baby Carrots 100% Fruit Juice Choice of Milk	4 Beef & Cheese Lasagna Garlic Bread or Chicken Patty On a Bun Featured Veggies: Green Beans Tomato & Onion Salad Choice of Fruit Choice of Milk	5 Cheesy Pizza or Meatball Hoagie On a Roll Featured Veggies: Roasted Sweet Potatoes Chick Pea Salad Choice of Fruit Choice of Milk
8 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	9 Nachos Grande Tortilla Chips or Cheeseburger On a Bun Featured Veggies: Refried Beans Tomato & Onion Salsa Choice of Fruit Choice of Milk	10 French Toast Sticks With Breakfast Sausage or Hot Dog On a Bun Featured Veggies: Potato Triangles Fresh Cucumber Slices 100% Fruit Juice Choice of Milk	11 Asian-style Meatballs over Brown Rice or Chicken Patty On a Bun Featured Veggies: Steamed Cauliflower Fresh Cucumber Slices Choice of Fruit Choice of Milk	12 Stuffed Crust Pizza or Meatball Hoagie On a Roll Featured Veggies: Steamed Corn Romaine Salad Choice of Fruit Choice of Milk
15 Meatball Hoagie On a Roll or Chicken Nuggets with a Dinner Roll Featured Veggies: Peas Red Pepper Strips Choice of Fruit Choice of Milk	16 Mini Corn Dog Nuggets or Cheeseburger On a Bun Featured Veggies: Green Beans Spinach Salad Choice of Fruit Choice of Milk	17 Hot Turkey Sandwich or Hot Dog On a Bun Featured Veggies: Mashed Potatoes Green Pepper Strips 100% Fruit Juice Choice of Milk	18 Cheesy Beef & Mac Garlic Bread Stick or Chicken Patty On a Bun Featured Veggies: Steamed Carrots Corn Salad Choice of Fruit Choice of Milk	19 NO SCHOOL Spring Break
22 NO SCHOOL Spring Break	23 Macaroni & Cheese Choice of Bread or Roll or Cheeseburger On a Bun Featured Veggies: Steamed Carrots Stewed Tomatoes Choice of Fruit Choice of Milk	24 Asian Sesame Chicken Over Rice or Hot Dog On a Bun Featured Veggies: Steamed Broccoli Carrot Sticks Choice of Fruit Choice of Milk	25 Chicken Fajita On a Soft Tortilla or Chicken Patty On a Bun Featured Veggies: Refried Beans Cucumber Salad Choice of Fruit Choice of Milk	26 Pizza Bagel or Meatball Hoagie On a Roll Featured Veggies: Oven Fries Steamed Carrots Choice of Fruit Choice of Milk
29 Toasted Cheese Sandwich or Chicken Nuggets Choice of Bread or Roll Featured Veggies: Tomato Soup Tater Tots Choice of Fruit Choice of Milk	30 Walking Taco Tortilla Chips or Cheeseburger On a Bun Featured Veggies: Refried Beans Lettuce & Tomato Choice of Fruit Choice of Milk	1 Chicken & Gravy Over a Biscuit or Hot Dog On a Bun Featured Veggies: Mashed Potatoes Baby Carrots 100% Fruit Juice Choice of Milk	2 Spaghetti & Meat Sauce Garlic Bread or Chicken Patty On a Bun Featured Veggies: Steamed Cauliflower Caesar Salad Choice of Fruit Choice of Milk	3 Pepperoni Pizza or Meatball Hoagie On a Roll Featured Veggies: Sweet Potato Fries Corn Salad Choice of Fruit Choice of Milk