



FEBRAURY 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 Menus tab.
Orders must be placed online,
at least 48hrs in advance.



Avocado-do

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@metzcorp.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 Lettuce & Tomato Choice of Fruit Choice of Milk	30 Chicken in Gravy Over a Biscuit or Hot Dog On a Bun Featured Veggies: Mashed Potatoes Baby Carrots Choice of Fruit Choice of Milk	31 Spaghetti & Meat Sauce Garlic Bread or Chicken Patty On a Bun Featured Veggies: Green Peas Caesar Salad Choice of Fruit Choice of Milk	1 Pepperoni Pizza or Meatballs & Marinara w/ Cheese on a Roll Featured Veggies: Sweet Potato Fries Corn Salad Choice of Fruit Choice of Milk
4 Philly Steak & Cheese on a Roll or Popcorn Chicken with a Dinner Roll Featured Veggies: Steamed Broccoli Chick Pea Salad Choice of Fruit Choice of Milk	5 Homemade Mac & Cheese w/ Roll or Cheeseburger On a Bun Featured Veggies: Stewed Tomatoes Tomato & Onion Salad Choice of Fruit Choice of Milk	6 French Toast Sticks With Sausage Links or Hot Dog On a Bun Featured Veggies: Potato Triangles Cherry Tomatoes Choice of Fruit Choice of Milk	7 Oven Roasted Turkey Dinner Roll or Chicken Patty On a Bun Featured Veggies: Mashed Potatoes Cranberry Sauce Choice of Fruit Choice of Milk	8 Stuffed Crust Pizza or Meatballs & Marinara w/ Cheese on a Roll Featured Veggies: Steamed Carrots Cucumber Slices Choice of Fruit Choice of Milk
11 Mini Corn Dog Nuggets or Popcorn Chicken Bowl with a Dinner Roll Featured Veggies: Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk	12 Nachos Grande w/ Tortilla Chips & Cheese or Cheeseburger On a Bun Featured Veggies: GAUCAMOLE Lettuce, Tomato & Salsa Choice of Fruit Choice of Milk	13 Twin Pancakes w/ Scrambled Eggs or Hot Dog On a Bun Featured Veggies: Tater Tots Cucumber Slices 100% Fruit Juice Choice of Milk	14 Penne Pasta with Meatballs Garlic Bread or Chicken Patty On a Bun Featured Veggies: Green Beans VALENTINE TREAT Choice of Fruit Choice of Milk	15 Italian Dunkers w/ Sauce or Meatballs & Marinara w/ Cheese on a Roll Featured Veggies: Baby Carrots Green Beans Choice of Fruit Choice of Milk
18 NO SCHOOL President's Day	19 Mini Corn Dog Nuggets or Cheeseburger On a Bun Featured Veggies: Green Beans Spinach Salad Choice of Fruit Choice of Milk	20 French Toast Sticks With Breakfast Sausage or Hot Dog On a Bun Featured Veggies: Potato Triangles Fresh Cucumber Slices Choice of Fruit Choice of Milk	21 Beef & Cheese Lasagna Garlic Bread Stick or Chicken Patty On a Bun Featured Veggies: Steamed Corn Romaine Salad Choice of Fruit Choice of Milk	22 Homemade Cheesy Pizza or Meatballs & Marinara w/ Cheese on a Roll Featured Veggies: Green Peas Caesar Salad Choice of Fruit Choice of Milk
25 BBQ Pork Rib Sandwich or Chicken Nuggets with a Dinner Roll Featured Veggies: Oven Fries Red Pepper Strips Choice of Fruit Choice of Milk	26 Philly Steak & Cheese on a Roll or Cheeseburger On a Bun Featured Veggies: Green Beans Spinach Salad Choice of Fruit Choice of Milk	27 Hot Roast Pork Sandwich w/ Gravy or Hot Dog On a Bun Featured Veggies: Mashed Potatoes Green Pepper Strips Choice of Fruit Choice of Milk	28 Cheesy Beef & Mac Garlic Bread Stick or Chicken Patty On a Bun Featured Veggies: Steamed Carrots Corn Salad Choice of Fruit Choice of Milk	1 Italian Dunkers w/ Sauce or Meatballs & Marinara w/ Cheese on a Roll Featured Veggies: Roasted Sweet Potatoes Chick Pea Salad Choice of Fruit Choice of Milk