



**JANUARY
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.

TRY our Nutritious Veg of the Month: Chickpeas



CHICK PEAS

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

General Manager
David A. Feller

Phone Number

570-474-6782 ext. 311

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USDA is an equal opportunity provider and employer.



Monday	Tuesday	Wednesday	Thursday	Friday
<p>31</p> <p>NO SCHOOL</p> <p>Winter Break</p>	<p>1</p> <p>NO SCHOOL</p> <p>Winter Break Happy New Year!! 2019</p>	<p>2</p> <p>French Toast Sticks With Breakfast Sausage or Hot Dog On a Bun</p> <p>Featured Veggies: Potato Triangles Ranchero Carrots Choice of Fruit Choice of Milk</p>	<p>3</p> <p>BBQ Ribby On a Bun or Chicken Patty On a Bun</p> <p>Featured Veggies: Steamed Broccoli Celery Sticks with Ranch Choice of Fruit Choice of Milk</p>	<p>4</p> <p>Smothered Pierogies Bacon Cheddar or Cheesy Pizza</p> <p>Featured Veggies: Steamed Carrots Cucumber Slices Choice of Fruit Choice of Milk</p>
<p>7</p> <p>Hot Ham and Cheese On a Pretzel Roll or Chicken Mash Potato Bowl with a Dinner Roll</p> <p>Featured Veggies: Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk</p>	<p>8</p> <p>Nachos Grande Tortilla Chips or Cheeseburger On a Bun</p> <p>Featured Veggies: Refried Beans Tomato & Onion Salsa Choice of Fruit Choice of Milk</p>	<p>9</p> <p>Hot Open-face Turkey Sandwich or Hot Dog On a Bun</p> <p>Featured Veggies: Mashed Potatoes Roasted Chickpeas Choice of Fruit Choice of Milk</p>	<p>10</p> <p>Beef & Cheese Lasagna Garlic Bread Stick or Chicken Patty On a Bun</p> <p>Featured Veggies: Steamed Corn Romaine Salad Choice of Fruit Choice of Milk</p>	<p>11</p> <p>Italian Dunkers or Meatballs & Marinara w/ Cheese on a Roll</p> <p>Featured Veggies: Steamed Corn Romaine Salad Choice of Fruit Choice of Milk</p>
<p>14</p> <p>Turkey & Cheese Melt On a Croissant or Popcorn Chicken with a Dinner Roll</p> <p>Featured Veggies: Green Beans Spinach Salad Choice of Fruit Choice of Milk</p>	<p>15</p> <p>Buffalo Chicken & Cheese On Flat Bread or Cheeseburger On a Bun</p> <p>Featured Veggies: Green Beans Spinach Salad Choice of Fruit Choice of Milk</p>	<p>16</p> <p>French Toast Sticks With Breakfast Sausage or Hot Dog On a Bun</p> <p>Featured Veggies: Potato Triangles Fresh Cucumber Slices 100% Fruit Juice Choice of Milk</p>	<p>17</p> <p>Cheesy Beef & Mac Garlic Bread Stick or Chicken Patty On a Bun</p> <p>Featured Veggies: Steamed Carrots Corn Salad Choice of Fruit Choice of Milk</p>	<p>18</p> <p>Stuffed Crust Pizza or Meatballs & Marinara w/ Cheese on a Roll</p> <p>Featured Veggies: Roasted Sweet Potatoes Chick Pea Salad Choice of Fruit Choice of Milk</p>
<p>21</p> <p>NO SCHOOL</p> <p>MLK JR Day</p>	<p>22</p> <p>Macaroni & Cheese Choice of Bread or Roll or Cheeseburger On a Bun</p> <p>Featured Veggies: Yellow Beans Stewed Tomatoes Choice of Fruit Choice of Milk</p>	<p>23</p> <p>Asian Sesame Chicken Over Rice or Hot Dog On a Bun</p> <p>Featured Veggies: Steamed Broccoli Carrot Sticks Choice of Fruit Choice of Milk</p>	<p>24</p> <p>Chicken Fajita & Cheese On a Soft Tortilla or Chicken Patty On a Bun</p> <p>Featured Veggies: Refried Beans Chickpea Salad Choice of Fruit Choice of Milk</p>	<p>25</p> <p>Pizza Bagel or Meatballs & Marinara w/ Cheese on a Roll</p> <p>Featured Veggies: Green Beans Baby Carrots Choice of Fruit Choice of Milk</p>
<p>28</p> <p>Toasted Cheese Sandwich or Chicken Nuggets Pretzel Sticks</p> <p>Featured Veggies: Tomato Soup Tater Tots Choice of Fruit Choice of Milk</p>	<p>29</p> <p>Walking Taco Tortilla Chips or Cheeseburger On a Bun</p> <p>Featured Veggies: Refried Beans Lettuce & Tomato Choice of Fruit Choice of Milk</p>	<p>30</p> <p>Chicken in Gravy Over a Biscuit or Hot Dog On a Bun</p> <p>Featured Veggies: Mashed Potatoes Baby Carrots Choice of Fruit Choice of Milk</p>	<p>31</p> <p>Spaghetti & Meat Sauce Garlic Bread or Chicken Patty On a Bun</p> <p>Featured Veggies: Green Peas Caesar Salad Choice of Fruit Choice of Milk</p>	<p>1</p> <p>Pepperoni Pizza or Meatballs & Marinara w/ Cheese on a Roll</p> <p>Featured Veggies: Sweet Potato Fries Corn Salad Choice of Fruit Choice of Milk</p>