



**FEBRUARY  
2019**



**Metz**  
CULINARY MANAGEMENT

Visit us online at: [www.metzcrestwood.com](http://www.metzcrestwood.com)

**Crestwood Secondary  
Campus Lunch Menu**

**What is a Meal?**  
You must choose at least 3 of the 5 components available for the school lunch price. A 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, fat-free white, chocolate, vanilla and strawberry

**Weekly Vegetable Subgroups  
May Include:**

Dark Green - spinach, broccoli, romaine and spring salad  
Red/Orange - carrots, sweet potatoes, tomatoes and red peppers  
Legumes - beans and peas  
Starchy - potatoes, corn, peas & lima beans  
Other Vegetables - celery sticks, cucumbers, cauliflower, green peppers, green beans, cabbage and green peppers

**Daily Fruit Selections  
May Include:**

oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

**Leave Your Lunch at Home**

Daily entrée options may include:  
Cheese Burger on a Bun  
Chicken Patty on a Bun  
Chicken Nuggets with Pretzel Stick  
Cheese or Pepperoni Pizza

**UP FOR GRABS**

Chicken Caesar Salad with Dinner Roll  
Bacon Spinach Salad with Dinner Roll  
Chopped Garden Salad with Dinner Roll  
Buffalo Chicken Salad with Dinner Roll

BBQ Chicken Wrap  
Chicken Caesar Wrap  
Club Sandwich Wrap

Turkey & Cheese Wrap  
Buffalo Chicken Wrap  
Turkey & Spinach Wrap



**"METZ GRILLE"  
AVAILABLE  
EVERY  
DAY**

Lunch Prices  
Student \$2.65  
Reduced \$0.40  
Adult \$3.65

**General Manager  
David A. Feller**

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**Email**

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USDA is an equal opportunity provider and employer.

**Monday**

**28**

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

**4**

Italian Sausage & Peppers  
On a Roll  
or  
Chicken Nuggets  
with a Dinner Roll  
**Featured Veggies:**  
Green Beans  
Cherry Tomatoes  
Choice of Fruit  
Choice of Milk

**11**

Mini Corn  
Dog Nuggets  
or  
Chicken Tenders  
with a Dinner Roll  
**Featured Veggies:**  
Steamed Peas  
Chick Pea Salad  
Choice of Fruit  
Choice of Milk

**18**

**NO SCHOOL**

**President's Day**

**25**

Hot Ham and Cheese  
On a Pretzel Roll  
or  
Chicken Mash Potato Bowl  
with a Dinner Roll  
**Featured Veggies:**  
Mashed Potatoes  
Steamed Corn  
Choice of Fruit  
Choice of Milk

**Tuesday**

**29**

Ziti & Meat Sauce  
Garlic Bread Stick  
or  
Chicken Parmesan  
On a Bun  
**Featured Veggies:**  
Cauliflower  
Baby Carrots  
Choice of Fruit  
Choice of Milk

**5**

Beef & Cheese Lasagna  
with a Dinner Roll  
or  
Chicken Parmesan  
On a Bun  
**Featured Veggies:**  
Caesar Salad  
Steamed Corn  
Choice of Fruit  
Choice of Milk

**12**

Walking Taco  
Spanish Rice  
or  
Chicken Parmesan  
On a Bun  
**Featured Veggies:**  
Mexicala Corn  
Tomato & Onion Salsa  
Choice of Fruit  
Choice of Milk

**19**

Salisbury Steak  
Choice of Bread or Roll  
or  
Chicken Parmesan  
On a Bun  
**Featured Veggies:**  
Mashed Potatoes  
Steamed Carrots  
Choice of Fruit  
Choice of Milk

**26**

Roast Turkey  
Sandwich w/ Gravy  
or  
Chicken Parmesan  
On a Bun  
**Featured Veggies:**  
Steamed Broccoli  
Green Beans  
Choice of Fruit  
Choice of Milk

**Wednesday**

**30**

Mac & Cheese  
with a Dinner Roll  
or  
Meatball Hoagie  
On a Roll  
**Featured Veggies:**  
Stewed Tomatoes  
Spinach Salad  
Choice of Fruit  
Choice of Milk

**6**

Hot Ham and Cheese  
On a Pretzel Roll  
or  
Meatball Hoagie  
On a Roll  
**Featured Veggies:**  
Potato Wedges  
Caesar Salad  
Choice of Fruit  
Choice of Milk

**13**

Macaroni & Cheese  
w/ Dinner Roll  
or  
Meatball Hoagie  
On a Roll  
**Featured Veggies:**  
Stewed Tomatoes  
Baby Carrots  
Choice of Fruit  
Choice of Milk

**20**

Egg, Sausage & Cheese  
on a Honey Glazed Donut  
or  
Meatball Hoagie  
On a Roll  
**Featured Veggies:**  
Tater Tots  
Carrot Sticks  
Choice of Fruit  
Choice of Milk

**27**

Penne Pasta & Meatballs  
Garlic Bread  
or  
Meatball Hoagie  
On a Roll  
**Featured Veggies:**  
Green Peas  
Romaine Salad  
Choice of Fruit  
Choice of Milk

**Thursday**

**31**

Cowboy Burger  
Cheese, Onion Rings, BBQ Sauce  
or  
BBQ Rib  
On a Bun  
**Featured Veggies:**  
Steamed Broccoli  
Carrot Sticks  
Choice of Fruit  
Choice of Milk

**7**

Roast Pork w/ Gravy  
w/ Dinner Roll  
or  
BBQ Rib  
On a Bun  
**Featured Veggies:**  
Mashed Potatoes  
Steamed Carrots  
Choice of Fruit  
Choice of Milk

**14**

Spaghetti & Meat Sauce  
Garlic Bread Stick  
or  
BBQ Rib  
On a Bun  
**Featured Veggies:**  
Steamed Broccoli  
**VALENTINE TREAT**  
Choice of Fruit  
Choice of Milk

**21**

Nachos Grande w/ Beef &  
Tortilla Chips  
or  
BBQ Rib  
On a Bun  
**Featured Veggies:**  
Steamed Corn  
Red Pepper Strips  
Choice of Fruit  
Choice of Milk

**28**

French Toast Sticks  
With Sausage Links  
or  
BBQ Rib  
On a Bun  
**Featured Veggies:**  
Potato Triangles  
Fresh Cucumber Slices  
Choice of Fruit  
Choice of Milk

**Friday**

**1**

Pulled BBQ Pork  
On Flat Bread  
or  
Italian Dunkers  
with dipping sauce  
**Featured Veggies:**  
Refried Beans  
Tomato Wedges  
Choice of Fruit  
Choice of Milk

**8**

Asian Sesame Chicken  
Over Rice  
or  
Cheesesteak Stromboli  
with Sauce  
**Featured Veggies:**  
Steamed Broccoli  
Choice of Fruit  
Choice of Fruit  
Choice of Milk

**15**

Pierogies  
w/ Dinner Roll  
or  
Italian  
Stromboli  
**Featured Veggies:**  
Steamed Carrots  
Cucumber Slices  
Choice of Fruit  
Choice of Milk

**22**

Turkey, Bacon Ranch  
Stromboli w// Cheddar  
or  
Italian Dunkers  
with Sauce  
**Featured Veggies:**  
Baby Carrots  
Green Beans  
Choice of Fruit  
Choice of Milk

**1**

Beef Chili & Cheese  
in a Bread Bowl  
or  
Pierogie  
Pizza  
**Featured Veggies:**  
Steamed Corn  
Spinach Salad  
Choice of Fruit  
Choice of Milk