



**APRIL
2019**



Metz
CULINARY MANAGEMENT

Visit us online at: 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



Lunch Prices
Student \$2.65
Reduced \$0.40
Adult \$3.50

General Manager
David A. Feller
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USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Bacon Cheese Burger On a Pretzel Roll or Chicken Mashed Potato Bowl with a Dinner Roll Featured Veggies: Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk</p>	<p>2 Nacho Grande Mexican Rice or Chicken Parmesan On a Bun Featured Veggies: Mexicala Corn Tomato & Onion Salsa Choice of Fruit Choice of Milk</p>	<p>3 Twin Pancakes w/ Syrup w/ Scrambled Eggs or Meatball Hoagie On a Roll Featured Veggies: Potato Triangles Red Pepper Strips Choice of Fruit Choice of Milk</p>	<p>4 Beef & Cheese Lasagna Garlic Bread Stick or BBQ Rib On a Bun Featured Veggies: Steamed Broccoli Celery Sticks with Ranch Choice of Fruit Choice of Milk</p>	<p>5 Breaded Fish Nuggets w/ Roll or Pierogie Pizza Featured Veggies: Steamed Broccoli Celery Sticks with Ranch Choice of Fruit Choice of Milk</p>
<p>8 Asian-style Meatballs Over Rice or Chicken Tenders w/ Rice Featured Veggies: Steamed Broccoli Steamed Peas Choice of Fruit Choice of Milk</p>	<p>9 Jacked Up Fries w/ Cheese Steak or Chicken Parmesan On a Bun Featured Veggies: Curly Fries Baked Beans Choice of Fruit Choice of Milk</p>	<p>10 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</p>	<p>11 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</p>	<p>12 Cheese Ravioli w/ Marinara & Garlic Bread or Italian Dunkers with Sauce Featured Veggies: Steamed Broccoli Green Beans Choice of Fruit Choice of Milk</p>
<p>15 Hot Ham and Cheese On a Pretzel Roll or Popcorn Chicken with a Dinner Roll Featured Veggies: Steamed Corn Baby Carrots Choice of Fruit Choice of Milk</p>	<p>16 Chicken Fajita On a Soft Tortilla or Chicken Parmesan On a Bun Featured Veggies: Refried Beans Tomato & Onion Salsa Choice of Fruit Choice of Milk</p>	<p>17 Penne Pasta & Meatballs Garlic Bread or Meatball Hoagie On a Roll Featured Veggies: Green Beans Romaine Salad Choice of Fruit Choice of Milk</p>	<p>18 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</p>	<p>19 NO SCHOOL Spring Break</p>
<p>22 NO SCHOOL Spring Break</p>	<p>23 Walking Taco Tortilla Chips or Chicken Parmesan On a Bun Featured Veggies: Green Beans Spinach Salad Choice of Fruit Choice of Milk</p>	<p>24 Texas Toasted Cheese Sandwich or Meatball Hoagie On a Roll Featured Veggies: Tomato Soup Tater Tots Choice of Fruit Choice of Milk</p>	<p>25 Hot Turkey Sandwich or BBQ Rib On a Bun Featured Veggies: Mashed Potatoes Green Pepper Strips Choice of Fruit Choice of Milk</p>	<p>26 Pulled BBQ Pork On a Pretzel Roll or Mini Corn Dog Nuggets Featured Veggies: Roasted Sweet Potatoes Chick Pea Salad Choice of Fruit Choice of Milk</p>
<p>29 Turkey & Cheese Melt On Flat Bread or Chicken Mash Potato Bowl with a Dinner Roll Featured Veggies: Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk</p>	<p>30 Ziti & Meat Sauce Garlic Bread Stick or Chicken Parmesan On a Bun Featured Veggies: Celery Sticks Baby Carrots Choice of Fruit Choice of Milk</p>	<p>1 Shepard's Pie in a Bread Bowl or Meatball Hoagie On a Roll Featured Veggies: Green Peas Tomato Soup Choice of Fruit Choice of Milk</p>	<p>2 Cowboy Burger Cheese, Onion Rings, BBQ Sauce or BBQ Rib On a Bun Featured Veggies: Curly Fries Carrot Sticks Choice of Fruit Choice of Milk</p>	<p>3 Corn Dog or Buffalo Chicken Dunkers with dipping sauce Featured Veggies: Baked Beans Tomato & Onion Salsa Choice of Fruit Choice of Milk</p>