



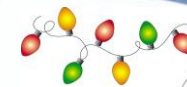
**DECEMBER
2018**



Metz
CULINARY MANAGEMENT

Visit us online at: www.metzcrestwood.com

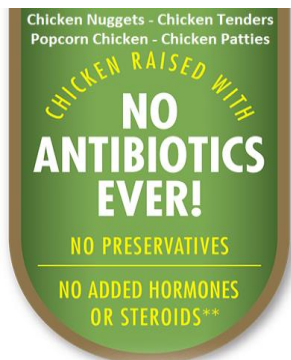
**Crestwood Secondary
Campus Lunch Menu**



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



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

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USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Italian Meatballs & Cheese On a Roll or Chicken Nuggets with a Dinner Roll</p> <p>Featured Veggies: Oven Fries Red Pepper Strips Choice of Fruit Choice of Milk</p>	<p>4</p> <p>Nachos Grande Tortilla Chips or Chicken Parmesan On a Bun</p> <p>Featured Veggies: Green Beans Spinach Salad Choice of Fruit Choice of Milk</p>	<p>5</p> <p>Texas Toasted Cheese Sandwich or Meatball Hoagie On a Roll</p> <p>Featured Veggies: Tomato Soup Tater Tots Choice of Fruit Choice of Milk</p>	<p>6</p> <p>Hot Roast Turkey Sandwich w/ Gravy or BBQ Rib On a Bun</p> <p>Featured Veggies: Mashed Potatoes Green Pepper Strips Choice of Fruit Choice of Milk</p>	<p>7</p> <p>Hot Dog Topping Bar w/ Chili & Cheese or Pulled Pork Stromboli w/ Bacon Cheese</p> <p>Featured Veggies: Peas & Carrots Chick Pea Salad Choice of Fruit Choice of Milk</p>
<p>10</p> <p>Turkey & Cheese Melt On Flat Bread 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>11</p> <p>Ziti & Meat Sauce Garlic Bread Stick or Chicken Parmesan On a Bun</p> <p>Featured Veggies: Green Beans Caesar Salad Choice of Fruit Choice of Milk</p>	<p>12</p> <p>Homemade Mac & Cheese with a Dinner Roll or Meatball Hoagie On a Roll</p> <p>Featured Veggies: Stewed Tomatoes Celery & Ranch Choice of Fruit Choice of Milk</p>	<p>13</p> <p>Cowboy Burger Cheese, Onion Rings, BBQ Sauce or BBQ Rib On a Bun</p> <p>Featured Veggies: Carrots Fresh Broccoli Choice of Fruit Choice of Milk</p>	<p>14</p> <p>Cheesesteak Stromboli or Italian Dunkers with dipping sauce</p> <p>Featured Veggies: Refried Beans Tomato & Onion Salsa Choice of Fruit Choice of Milk</p>
<p>17</p> <p>Buffalo Chicken Toaster or Chicken Nuggets Dinner Roll</p> <p>Featured Veggies: Tater Tots Cherry Tomatoes Choice of Fruit Choice of Milk</p>	<p>18</p> <p>Cowboy Nachos w/ Pork BBQ Cheese Sauce & Dinner Roll or Chicken Parmesan On a Bun</p> <p>Featured Veggies: Baked Beans/Onion Rings Green Pepper Strips Choice of Fruit Choice of Milk</p>	<p>19</p> <p>Hot Ham and Cheese On a Pretzel Roll or Meatball Hoagie On a Bun</p> <p>Featured Veggies: Green Peas Caesar Salad Choice of Fruit Choice of Milk</p>	<p>20</p> <p>Chicken in Gravy Over a Biscuit or BBQ Rib On a Bun</p> <p>Featured Veggies: Mashed Potatoes Red Pepper Strips Choice of Fruit Choice of Milk</p>	<p>21</p> <p>Mini Corn Dog Nuggets or Italian Stromboli with Sauce</p> <p>Featured Veggies: Peas Cucumber Slices Choice of Fruit Choice of Milk</p>
<p>24</p> <p>NO SCHOOL Winter Break</p>	<p>25</p> <p>NO SCHOOL Winter Break Merry Christmas!</p>	<p>26</p> <p>NO SCHOOL Winter Break</p>	<p>27</p> <p>NO SCHOOL Winter Break</p>	<p>28</p> <p>NO SCHOOL Winter Break</p>
<p>31</p> <p>NO SCHOOL Winter Break</p>	<p>1</p> <p>NO SCHOOL Winter Break Happy 2019!!</p>	<p>2</p> <p>Texas Toasted Cheese Sandwich or Meatball Hoagie On a Roll</p> <p>Featured Veggies: Tomato Soup Tater Tots Choice of Fruit Choice of Milk</p>	<p>3</p> <p>Salsbury Steak w/ Gravy Choice of Bread or Roll or BBQ Rib On a Bun</p> <p>Featured Veggies: Mashed Potatoes Green Pepper Strips Choice of Fruit Choice of Milk</p>	<p>4</p> <p>Mini Corn Dog Nuggets or Italian Dunkers with dipping sauce</p> <p>Featured Veggies: Roasted Sweet Potatoes Chick Pea Salad Choice of Fruit Choice of Milk</p>