



**JANUARY
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 \$2.50
Reduced \$0.40
Adult \$3.50

**General Manager
David A. Feller**

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Email

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USDA is an equal opportunity provider and employer.

Monday

31

NO SCHOOL

Winter Break

Tuesday

1

NO SCHOOL

**Winter Break
HAPPY NEW YEAR!!
2019**

Wednesday

2

Texas Toasted
Cheese Sandwich
or
Meatball Hoagie
On a Roll
Featured Veggies:
Tomato Soup
Tater Tots
Choice of Fruit
Choice of Milk

Thursday

3

Salsbury Steak w/ Gravy
Choice of Bread or Roll
or
BBQ Rib
On a Bun
Featured Veggies:
Mashed Potatoes
Green Pepper Strips
Choice of Fruit
Choice of Milk

Friday

4

Mini Corn Dog Nuggets
or
Italian Dunkers
with dipping sauce
Featured Veggies:
Sweet Potato Fries
Chick Pea Salad
Choice of Fruit
Choice of Milk

7

Hot Ham and Cheese
On Flat Bread
or
Popcorn Chicken
with a Dinner Roll
Featured Veggies:
Green Peas
Baby Carrots
Choice of Fruit
Choice of Milk

8

Chicken Fajita w/ Cheese Sauce
On a Soft Tortilla
or
Chicken Parmesan
On a Bun
Featured Veggies:
Refried Beans
Tomato & Onion Salsa
Choice of Fruit
Choice of Milk

9

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

10

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

11

Oven Roast Pork
Over Bread w/ Gravy
or
Italian Dunkers
with Sauce
Featured Veggies:
Au Gratin Potatoes
Romaine Salad
Choice of Fruit
Choice of Milk

14

Oven Roasted Chicken
with a Dinner Roll
or
Chicken Tenders
with a Dinner Roll
Featured Veggies:
Steamed Broccoli
Cole Slaw
Choice of Fruit
Choice of Milk

15

Nachos Grande
Tortilla Chips
or
Chicken Parmesan
On a Bun
Featured Veggies:
Green Beans
Spinach Salad
Choice of Fruit
Choice of Milk

16

Texas Toasted
Cheese Sandwich
or
Meatball Hoagie
On a Roll
Featured Veggies:
Tomato Soup
Tater Tots
Choice of Fruit
Choice of Milk

17

Italian Sausage
w/ Peppers, Onions & Sauce
or
BBQ Rib
On a Bun
Featured Veggies:
French Fries
Green Pepper Strips
Choice of Fruit
Choice of Milk

18

Beef Chili & Cheese
in a Bread Bowl
or
Cheesesteak
Stromboli
Featured Veggies:
Sweet Potato Fries
Chick Pea Salad
Choice of Fruit
Choice of Milk

21

NO SCHOOL

MLK JR DAY

22

Jacked Up Fries
w/ Popcorn Chicken & Bread
or
Chicken Parmesan
On a Bun
Featured Veggies:
Curly Fries
Baked Beans
Choice of Fruit
Choice of Milk

23

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

24

Open-faced Roast Turkey
Sandwich over Bread
or
BBQ Rib
On a Bun
Featured Veggies:
Steamed Corn
Red Pepper Strips
Choice of Fruit
Choice of Milk

25

Swedish Meatballs
over Buttered Noodles w/ Bread
or
Italian
Stromboli
Featured Veggies:
Baby Carrots
Green Beans
Choice of Fruit
Choice of Milk

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

29

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

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

1

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

2

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