



**NOVEMBER
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



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>29 Sausage & Peppers Sandwich or Chicken Nuggets Pretzel Sticks Featured Veggies: Seasoned Potato Wedges Cherry Tomatoes Choice of Fruit Choice of Milk</p>	<p>28 Mexican Lasagna w/ Tortilla Chips or Chicken Parmesan On a Bun Featured Veggies: Refried Beans Celery Sticks Choice of Fruit Choice of Milk</p>	<p>30 NEW Italian Grilled Chicken Bruschetta Sandwich or Meatball Hoagie On a Roll Featured Veggies: Green Beans Red Pepper Strips Choice of Fruit Choice of Milk</p>	<p>31 Turkey Pot Pie in a Bread Bowl or BBQ Rib On a Bun Featured Veggies: Mashed Potatoes HALLOWEEN TREAT Choice of Fruit Choice of Milk</p>	<p>1 Sloppy Joe On a Roll or Ham, Pepperoni & Cheese Stromboli with Sauce Featured Veggies: Steamed Carrots Cauliflower Choice of Fruit Choice of Milk</p>
<p>4 Cowboy Burger w/ Bacon Cheese, Onion Rings, BBQ Sauce or Chicken Tenders with a Dinner Roll Featured Veggies: Oven Fries Chick Pea Salad Choice of Fruit Choice of Milk</p>	<p>5 Pancakes With Scrambled Eggs or Chicken Parmesan On a Bun Featured Veggies: Potato Triangles Red Pepper Strips ELECTION DAY IN PA Free Soft Pretzel w/ Lunch</p>	<p>6 *National Nachos Day* Nachos Grande w/ Beef Tortilla Chips or Meatball Hoagie On a Roll Featured Veggies: Mexicala Corn Tomato & Onion Salsa Choice of Milk</p>	<p>7 Pulled Pork Sandwich or BBQ Rib On a Bun Featured Veggies: Baked Beans Celery Sticks with Ranch Choice of Fruit Choice of Milk</p>	<p>8 NO SCHOOL Act 80 Day</p>
<p>11 NO SCHOOL Veteran's Day</p>	<p>12 Jacked Up Fries w/ Popcorn Chicken & Cheese or Chicken Parmesan On a Bun Featured Veggies: Curly Fries Baked Beans Choice of Fruit Choice of Milk</p>	<p>13 Egg, Sausage & Cheese on a Bagel or Meatball Hoagie On a Bun Featured Veggies: Tater Tots Carrot Sticks Choice of Fruit Choice of Milk</p>	<p>14 Thanksgiving Meal Roasted Turkey w/ Gravy Traditional Stuffing Cranberry Sauce Dinner Roll Featured Veggies: Mashed Potatoes Steamed Corn THANKSGIVING TREAT Choice of Milk</p>	<p>15 Asian Meatballs w/ w/ Fried Rice & Egg Roll or Italian DUNKERS with Sauce Featured Veggies: Baby Carrots Green Beans Choice of Fruit Choice of Milk</p>
<p>18 Hot Ham and Cheese On a Pretzel Roll or Popcorn Chicken with a Dinner Roll Featured Veggies: Tater Tots Roasted Brussel Sprouts Choice of Fruit Choice of Milk</p>	<p>19 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>20 Penne Pasta & Meatsauce Garlic Bread or Meatball Hoagie On a Roll Featured Veggies: Steamed Corn Romaine Salad Choice of Fruit Choice of Milk</p>	<p>21 Hot Roast Pork Sandwich w/ Gravy or BBQ Rib On a Bun Featured Veggies: Mashed Potatoes Green Pepper Strips Choice of Fruit Choice of Milk</p>	<p>22 Mini Corn Dog Nuggets or Buffalo Chicken Stromboli Featured Veggies: Green Beans Chick Pea Salad Choice of Fruit Choice of Milk</p>
<p>25 Sausage & Peppers Sandwich or Chicken Sticks with a Dinner Roll Featured Veggies: Seasoned Potato Wedges Baby Carrots Choice of Fruit Choice of Milk</p>	<p>26 Homemade Mac & Cheese with a Dinner Roll or Chicken Parmesan On a Bun Featured Veggies: Stewed Tomatoes **National Cake Day** <i>Enjoy a piece of cake w/ Lunch</i> Choice of Milk</p>	<p>29 Texas Toasted Cheese Sandwich or Meatball Hoagie On a Roll Featured Veggies: Tomato Soup Steamed Carrots Choice of Fruit Choice of Milk</p>	<p>30 NO SCHOOL Thanksgiving Break</p>	<p>1 NO SCHOOL Thanksgiving Break</p>