



FEBRAURY 2020



Metz

CULINARY MANAGEMENT

Visit us online at: www.metzcrestwood.com

CRESTWOOD SCHOOL DISTRICT ELEMENTARY LUNCH MENU

What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price.

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, and fat-free chocolate

Weekly Vegetable Subgroups May Include:

Dark green - spinach, broccoli, romaine and spring salad

Red/Orange - carrots, sweet potatoes, tomatoes, red peppers

Beans/Peas

Starchy - white potatoes, corn, and lima beans

Other Vegetables: celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage

Daily Fruit Selection May Include:

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

Daily Entree Options may include:

NEW CRAVEABLES!!

PB&J Sandwich

Assorted Fresh Deli Sandwiches

Assorted Fresh Salads



Is it your Birthday??

You can now order nutritious snacks for your classroom celebration by visiting: (fees apply)

www.metzcrestwood.com

Choose "Nutritious Party Menu" under Menu tab. Orders must be placed online, at least 48hrs in advance.

Nutritious Friend of the Month



Lunch Prices
Student \$2.40
Reduced \$0.40
Adult \$3.65

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David A. Feller

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Monday

3

Toasted Ham & Cheese Sandwich or

Chicken Fries with a Dinner Roll

Featured Veggies:

Crinkle Cut Fries
Cherry Tomatoes
Choice of Fruit
Choice of Milk

Tuesday

4

Chicken Nachos
Tortilla Chips or

Cheeseburger On a Bun

Featured Veggies:

Refried Beans
Lettuce & Tomato
Choice of Fruit
Choice of Milk

Wednesday

5

Asian Sesame Chicken
Over Rice or

Hot Dog On a Bun

Featured Veggies:

Steamed Broccoli
Baby Carrots
Choice of Fruit
Choice of Milk

Thursday

6

Penne Pasta & Meat Sauce
Garlic Bread or

Chicken Patty On a Bun

Featured Veggies:

Green Peas
Caesar Salad
Choice of Fruit
Choice of Milk

Friday

7

Pepperoni Pizza or

Meatballs & Marinara w/ Cheese on a Roll

Featured Veggies:

Sweet Potato Fries
Corn Salad
Choice of Fruit
Choice of Milk

10

Mini Corn Dog Nuggets or

Popcorn Chicken w/ Buttered Noodles

Featured Veggies:

Steamed Broccoli
Chick Pea Salad
Choice of Fruit
Choice of Milk

11

Homemade Mac & Cheese w/ Roll or

Cheeseburger On a Bun

Featured Veggies:

Stewed Tomatoes
Tomato & Onion Salad
Choice of Fruit
Choice of Milk

12

French Toast Sticks
With Sausage Links or

Hot Dog On a Bun

Featured Veggies:

Potato Triangles
Cherry Tomatoes
Choice of Fruit
Choice of Milk

13

Oven Roasted Turkey
Dinner Roll or

Chicken Patty On a Bun

Featured Veggies:

Mashed Potatoes
ROASTED TURNIPS
Choice of Fruit
Choice of Milk

14

Stuffed Crust Pizza or

Meatballs & Marinara w/ Cheese on a Roll

Featured Veggies:

Steamed Carrots
VALENTINE TREAT
Choice of Fruit
Choice of Milk

17

NO SCHOOL

President's Day

18

Nachos Grande w/ Tortilla Chips & Cheese or

Cheeseburger On a Bun

Featured Veggies:

Mexicali Corn
Lettuce, Tomato & Salsa
Choice of Fruit
Choice of Milk

19

Turkey & Cheese Hoagie or

Hot Dog On a Bun

Featured Veggies:

Steamed Carrots
Cucumber Slices
Choice of Fruit
Choice of Milk

20

Penne Pasta with Meatballs
Garlic Bread or

Chicken Patty On a Bun

Featured Veggies:

Green Beans
Celery Sticks
Choice of Fruit
Choice of Milk

21

Italian Dunkers w/ Sauce or

Meatballs & Marinara w/ Cheese on a Roll

Featured Veggies:

Green Beans
Baby Carrots
Choice of Fruit
Choice of Milk

24

Mini Corn Dog Nuggets or

Popcorn Chicken Bowl with a Dinner Roll

Featured Veggies:

Mashed Potatoes
Steamed Corn
Choice of Fruit
Choice of Milk

25

Hand Breaded Chicken w/ Dinner Roll or

Cheeseburger On a Bun

Featured Veggies:

Green Beans
Spinach Salad
Choice of Fruit
Choice of Milk

26

French Toast Sticks
With Scrambled Eggs or

Hot Dog On a Bun

Featured Veggies:

Potato Triangles
Fresh Cucumber Slices
Choice of Fruit
Choice of Milk

27

Beef & Cheese Lasagna
Garlic Bread Stick or

Chicken Patty On a Bun

Featured Veggies:

Steamed Corn
Romaine Salad
Choice of Fruit
Choice of Milk

28

Homemade Cheesy Pizza or

Meatballs & Marinara w/ Cheese on a Roll

Featured Veggies:

Green Peas
Caesar Salad
Choice of Fruit
Choice of Milk

2

BBQ Pork Rib Sandwich or

Chicken Nuggets with a Dinner Roll

Featured Veggies:

Oven Fries
Red Pepper Strips
Choice of Fruit
Choice of Milk

3

Turkey & Cheese Sliders or

Cheeseburger On a Bun

Featured Veggies:

Green Beans
Spinach Salad
Choice of Fruit
Choice of Milk

4

Hot Roast Pork Sandwich w/ Gravy or

Hot Dog On a Bun

Featured Veggies:

Mashed Potatoes
Green Pepper Strips
Choice of Fruit
Choice of Milk

5

Cheesy Beef & Mac
Garlic Bread Stick or

Chicken Patty On a Bun

Featured Veggies:

Steamed Carrots
Corn Salad
Choice of Fruit
Choice of Milk

6

Italian Dunkers w/ Sauce or

Meatballs & Marinara w/ Cheese on a Roll

Featured Veggies:

Roasted Sweet Potatoes
Chick Pea Salad
Choice of Fruit
Choice of Milk