



**FEBRUARY
2020**



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



**"METZ GRILLE"
AVAILABLE
EVERY
DAY**

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

**General Manager
David A. Feller**

**Phone Number
570-474-6782 ext. 311**

**Email
ma1106@metzcorp.com**

USDA is an equal opportunity provider and employer.

Monday

3

Ham & Cheese Melt
on Texas Toast
or
Popcorn Chicken
with a Dinner Roll
Featured Veggies:
Potato Wedges
Caesar Salad
Choice of Fruit
Choice of Milk

10

Italian Sausage & Peppers
On a Roll
or
Chicken Nuggets
with a Dinner Roll
Featured Veggies:
Green Beans
Cherry Tomatoes
Choice of Fruit
Choice of Milk

17

**NO SCHOOL
President's Day**

24

Mini Corn
Dog Nuggets
or
Chicken Tenders
w/ Buttered Noodles
Featured Veggies:
Steamed Peas
Chick Pea Salad
Choice of Fruit
Choice of Milk

2

Hot Ham and Cheese
On a Pretzel Roll
or
Chicken Mash Potato Bowl
with a Dinner Roll
Featured Veggies:
Mashed Potatoes
Steamed Corn
Choice of Fruit
Choice of Milk

Tuesday

4

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

11

Mexican Lasagna
with a Dinner Roll
or
Chicken Bacon Ranch
On a Bun
Featured Veggies:
Refried Beans
Caesar Salad
Choice of Fruit
Choice of Milk

18

Walking Taco
Spanish Rice
or
Chicken Bacon Ranch
On a Bun
Featured Veggies:
Mexicala Corn
Tomato & Onion Salsa
Choice of Fruit
Choice of Milk

25

Salisbury Steak
Choice of Bread or Roll
or
Chicken Bacon Ranch
On a Bun
Featured Veggies:
Parsley Potatoes
Celery Sticks
Choice of Fruit
Choice of Milk

3

Roast Turkey
Sandwich w/ Gravy
or
Chicken Bacon Ranch
On a Bun
Featured Veggies:
Steamed Broccoli
Green Beans
Choice of Fruit
Choice of Milk

Wednesday

5

Mini Corn
Dog Nuggets
or
Cheesy Hot Dog
On a Roll
Featured Veggies:
Stewed Tomatoes
Spinach Salad
Choice of Fruit
Choice of Milk

12

Hot Ham and Cheese
On a Pretzel Roll
or
Chili Hot Dog
On a Roll
Featured Veggies:
Potato Wedges
Celery Sticks
Choice of Fruit
Choice of Milk

19

Macaroni & Cheese
w/ Dinner Roll
or
Cheesy Hot Dog
On a Roll
Featured Veggies:
Stewed Tomatoes
Baby Carrots
Choice of Fruit
Choice of Milk

26

Pierogies
w/ Butter & Onions w/ Roll
or
Chili Hot Dog
On a Roll
Featured Veggies:
Green Beans
Carrot Sticks
Choice of Fruit
Choice of Milk

4

Penne Pasta & Meatsauce
Garlic Bread
or
Cheesy Hot Dog
On a Roll
Featured Veggies:
Green Peas
Romaine Salad
Choice of Fruit
Choice of Milk

Thursday

6

Texas Toasted
Cheese Sandwich
or
BBQ Rib
On a Bun
Featured Veggies:
Steamed Broccoli
Chicken Noodle Soup
Choice of Fruit
Choice of Milk

13

Roast Pork w/ Gravy
w/ Dinner Roll
or
BBQ Rib
On a Bun
Featured Veggies:
Mashed Potatoes
Steamed Carrots
Choice of Fruit
Choice of Milk

20

Spaghetti & Meat Sauce
Garlic Bread Stick
or
BBQ Rib
On a Bun
Featured Veggies:
Steamed Broccoli
Celery Sticks
Choice of Fruit
Choice of Milk

27

Beef & Cheese Lasagna
Garlic Bread Stick
or
BBQ Rib
On a Bun
Featured Veggies:
Steamed Carrots
Red Pepper Strips
Choice of Fruit
Choice of Milk

5

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

Friday

7

Pulled BBQ Pork
On a Roll
or
Buffalo Chicken Dunkers
with dipping sauce
Featured Veggies:
Baked Beans
Tomato Wedges
Choice of Fruit
Choice of Milk

14

Asian Sesame Chicken
Over Rice
or
Cheesesteak Stromboli
with Sauce
**Featured Veggies:
VALENTINE TREAT**
Choice of Fruit
Choice of Fruit
Choice of Milk

21

Hand Breaded
Chicken w/ Roll
or
Italian
Stromboli
Featured Veggies:
Steamed Carrots
Cucumber Slices
Choice of Fruit
Choice of Milk

28

Bangin' Shrimp Tacos
w/ Fresh Pico De Gallo
or
Italian Dunkers
with dipping sauce
Featured Veggies:
Refried Beans
Lettuce, Tomato & Onion
Choice of Fruit
Choice of Milk

6

Breaded Fish
Sandwich
or
Pierogie
Pizza
Featured Veggies:
Steamed Corn
Spinach Salad
Choice of Fruit
Choice of Milk