



**MARCH
2020**



Metz
CULINARY MANAGEMENT

**CRESTWOOD SCHOOL DISTRICT
ELEMENTARY LUNCH MENU**

Visit us online at: www.metzcrestwood.com

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

**Cuckoo
COCONUT**



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

General Manager
David A. Feller

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Email

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USDA is an equal opportunity provider and employer.

Monday

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

Tuesday

3

Turkey & Cheese
Sliders
or
Cheeseburger
On a Bun

Featured Veggies:
Green Beans
Spinach Salad
Choice of Fruit
Choice of Milk

Wednesday

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

Thursday

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

Friday

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

9

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

10

Chicken Fajita
On a Soft Tortilla
or
Cheeseburger
On a Bun

Featured Veggies:
Refried Beans
****Coconut Energy Bites****
Contains Peanut Butter
Choice of Milk

11

Macaroni & Cheese
with a Dinner Roll
or
Hot Dog
On a Bun

Featured Veggies:
Yellow Beans
Stewed Tomatoes
Choice of Fruit
Choice of Milk

12

Cowboy Burger
Cheese, Onion Rings, BBQ Sauce
or
Chicken Patty
On a Bun

Featured Veggies:
Oven Baked Fries
Cucumber Salad
Choice of Fruit
Choice of Milk

13

Stuffed Crust
Pizza
or
Meatballs & Marinara
w/ Cheese on a Roll

Featured Veggies:
Steamed Carrots
Tomato Wedges
Choice of Fruit
Choice of Milk

16

Toasted
Cheese Sandwich
or
Chicken Nuggets
with a Dinner Roll

Featured Veggies:
Tomato Soup
Tater Tots
Choice of Fruit
Choice of Milk

17

Walking Taco
Tortilla Chips
or
Cheeseburger
On a Bun

Featured Veggies:
Refried Beans
ST PATTY'S TREAT
Choice of Fruit
Choice of Milk

18

Oven Roasted
Turkey w/ Roll
or
Hot Dog
On a Bun

Featured Veggies:
Mashed Potatoes
Carrot Sticks
Cranberry Sauce
Choice of Milk

19

Spaghetti & Meat Sauce
Garlic Bread
or
Chicken Patty
On a Bun

Featured Veggies:
Yellow Beans
Caesar Salad
Choice of Fruit
Choice of Milk

20

Pizza
Bagel
or
Meatballs & Marinara
w/ Cheese on a Roll

Featured Veggies:
Sweet Potato Fries
Celery Sticks
Choice of Fruit
Choice of Milk

23

NO SCHOOL

ACT 80 DAY

24

Asian Sesame
Chicken over Rice
or
Cheeseburger
On a Bun

Featured Veggies:
Steamed Broccoli
Tomato & Onion Salad
Choice of Fruit
Choice of Milk

25

French Toast Sticks
With Sausage Links
or
Hot Dog
On a Bun

Featured Veggies:
Potato Triangles
Ranchero Carrots
Choice of Fruit
Choice of Milk

26

BBQ Ribby
On a Bun
or
Chicken Patty
On a Bun

Featured Veggies:
Baked Beans
Carrot Sticks
Choice of Fruit
Choice of Milk

27

Pierogies
w/ Butter & Onions
or
Meatballs & Marinara
w/ Cheese on a Roll

Featured Veggies:
Steamed Carrots
Cucumber Slices
Choice of Fruit
Choice of Milk

30

Mini Corn
Dog Nuggets
or
Popcorn Chicken
with a Dinner Roll

Featured Veggies:
Steamed Broccoli
Cucumber Slices
Choice of Fruit
Choice of Milk

31

Hot Ham & Cheese
on a Pretzel Roll
or
Cheeseburger
On a Bun

Featured Veggies:
Green Peas
Tomato Wedges
Choice of Fruit
Choice of Milk

1

Twin Pancakes
w/ Scrambled Eggs
or
Hot Dog
On a Bun

Featured Veggies:
Tater Tots
Carrot Sticks
100% Fruit Juice
Choice of Milk

2

Penne Pasta with Meatballs
Garlic Bread
or
Chicken Patty
On a Bun

Featured Veggies:
Green Beans
Tomato & Onion Salad
Choice of Fruit
Choice of Milk

3

Breaded Fish Nuggets
with a Dinner Roll
or
Meatballs & Marinara
w/ Cheese on a Roll

Featured Veggies:
Steamed Carrots
Celery Sticks
Choice of Fruit
Choice of Milk