



MARCH
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



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

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Monday

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

9
Italian Meatballs & Cheese
On a Roll
or
Chicken Nuggets
with a Dinner Roll
Featured Veggies:
Oven Fries
Red Pepper Strips
Choice of Fruit
Choice of Milk

16
Turkey Bacon Ranch Melt
On Flat Bread
or
Chicken Tenders
with a Dinner Roll
Featured Veggies:
French Fries
Steamed Corn
Choice of Fruit
Choice of Milk

23
NO SCHOOL
ACT 80 DAY

30
Sloppy Joe
On a Bun
or
Chicken Mashed Potato Bowl
with a Dinner Roll
Featured Veggies:
Mashed Potatoes
Steamed Corn
Choice of Fruit
Choice of Milk

Tuesday

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

10
Nachos Grande
Tortilla Chips
or
Chicken Parmesan
On a Bun
Featured Veggies:
Green Beans
****Coconut Energy Bites**
****Contains Peanut Butter**
Choice of Milk

17
Ziti & Meat Sauce
Garlic Bread Stick
or
Chicken Parmesan
On a Bun
Featured Veggies:
Green Beans
ST PATTY'S DAY TREAT
Choice of Fruit
Choice of Milk

24
Mexican Lasagna
with a Dinner Roll
or
Chicken Parmesan
On a Bun
Featured Veggies:
Refried Beans
Green Pepper Strips
Choice of Fruit
Choice of Milk

31
Walking Taco
Pretzel Sticks
or
Chicken Parmesan
On a Bun
Featured Veggies:
Mexicala Corn
Tomato & Onion Salsa
Choice of Fruit
Choice of Milk

Wednesday

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

11
Texas Toasted
Cheese Sandwich
or
Meatball Hoagie
On a Roll
Featured Veggies:
Tomato Soup
Tater Tots
Choice of Fruit
Choice of Milk

18
Mac & Cheese
with a Dinner Roll
or
Meatball Hoagie
On a Roll
Featured Veggies:
Stewed Tomatoes
Celery Sticks
Choice of Fruit
Choice of Milk

25
Hot Ham and Cheese
On a Pretzel Roll
or
Meatball Hoagie
On a Roll
Featured Veggies:
Potato Wedges
Caesar Salad
Choice of Fruit
Choice of Milk

1
French Toast Sticks
With Sausage Links
or
Meatball Hoagie
On a Roll
Featured Veggies:
Potato Triangles
Red Pepper Strips
Choice of Fruit
Choice of Milk

Thursday

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

12
Hot Roast Pork
Sandwich w/ Gravy
or
BBQ Rib
On a Bun
Featured Veggies:
Steamed Peas
Green Pepper Strips
Choice of Fruit
Choice of Milk

19
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

26
Hand Breaded
Chicken w/ Biscuit
or
BBQ Rib
On a Bun
Featured Veggies:
Au Gratin Potatoes
Red Pepper Strips
Choice of Fruit
Choice of Milk

2
Penne Pasta & Meatballs
Garlic Bread Stick
or
BBQ Rib
On a Bun
Featured Veggies:
Green Beans
Ceasar Salad
Choice of Fruit
Choice of Milk

Friday

6
Breaded Fish
Sandwich
or
Pierogie
Pizza
Featured Veggies:
Steamed Corn
Spinach Salad
Choice of Fruit
Choice of Milk

13
Fish Nuggets
with a Dinner Roll
or
Italian
Stromboli w/ Sauce
Featured Veggies:
Sweet Potatoes Fries
Celery Sticks
Choice of Fruit
Choice of Milk

20
Bangin' Shrimp Tacos
w/ Fresh Pico de Gallo
or
Italian Dunkers
with dipping sauce
Featured Veggies:
Peas & Carrots
Refried Beans
Choice of Fruit
Choice of Milk

27
Pierogies
w/ Butter & Onions
or
Buffalo Chicken
Stromboli
Featured Veggies:
Sweet Potato Fries
Cauliflower
Choice of Fruit
Choice of Milk

3
Breaded Fish
On a Roll
or
Pierogie
Pizza
Featured Veggies:
Steamed Broccoli
Celery Sticks with Ranch
Choice of Fruit
Choice of Milk