



OCT/NOV  
2020



**CRESTWOOD SCHOOL DISTRICT  
HYBRID LUNCH MENU-All Schools**

Visit us online at: [www.metzcrestwood.com](http://www.metzcrestwood.com)

**Exciting News:**  
**Breakfast & Lunch is FREE!!!**

Due to the COVID 19 crisis, the National School Lunch & Breakfast Programs are providing **FREE** meals during the 2020-21 school year.

In order to qualify students must take a complete meal.

**What is a Meal?**  
Meat or meat alternate  
Choice of Vegetable  
Choice of Fruit  
Grain/Bread  
Choice of Milk - 1% white, and fat-free chocolate

You must choose at least 3 of the 5 components available for the **FREE** school lunch.  
**Minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must**

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USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>26</b> <b>On Campus:</b> Chicken Patty (or) Grilled Cheese Tater Tots Tomato Soup w/ Crackers Assorted Fruit/ 100% Fruit Juice <b>Virtual/Cyber Grab &amp; Go:</b> Turkey Club (or) Chicken Patty Assorted Vegetables Assorted Fruit/ 100% Fruit Juice <b>ALL served with Fat Free Milk</b></p>	<p><b>27</b> <b>On Campus:</b> Cheeseburger (or) Corn Dog Nuggets Baked Beans Cucumber Slices Assorted Fruit/ 100% Fruit Juice <b>Virtual/Cyber Grab &amp; Go:</b> Bologna &amp; Cheese (or) Cheeseburger Assorted Vegetables Assorted Fruit/ 100% Fruit Juice <b>ALL served with Fat Free Milk</b></p>	<p><b>28</b> <b>Virtual/Cyber Grab &amp; Go:</b> Italian Hoagie (or) Chicken Patty Assorted Vegetables Assorted Fruit/ 100% Fruit Juice <b>ALL served with Fat Free Milk</b></p>	<p><b>29</b> <b>On Campus:</b> Hot Dog (or) Chicken Tenders Steamed Corn Chickpea Salad Assorted Fruit/ 100% Fruit Juice <b>Virtual/Cyber Grab &amp; Go:</b> Ham &amp; Cheese (or) Hot Dog Assorted Vegetables Assorted Fruit/ 100% Fruit Juice <b>ALL served with Fat Free Milk</b></p>	<p><b>30</b> <b>On Campus:</b> Chicken Patty (or) Cheese Pizza Tater Tots Tomato Soup w/ Crackers Assorted Fruit/ 100% Fruit Juice <b>Virtual/Cyber Grab &amp; Go:</b> Tuna Salad on Roll (or) Chicken Patty Assorted Vegetables Assorted Fruit/ 100% Fruit Juice <b>ALL served with Fat Free Milk</b></p>
<p><b>2</b> <b>On Campus:</b> Hot Dog (or) Chicken Tenders Steamed Corn Chickpea Salad Assorted Fruit/ 100% Fruit Juice <b>Virtual/Cyber Grab &amp; Go:</b> Italian Hoagie (or) Hot Dog Assorted Vegetables Assorted Fruit/ 100% Fruit Juice <b>ALL served with Fat Free Milk</b></p>	<p><b>3</b> <b>Virtual/Cyber Grab &amp; Go:</b> Tuna Salad on Roll (or) Chicken Patty Assorted Vegetables Assorted Fruit/ 100% Fruit Juice <b>ALL served with Fat Free Milk</b></p> <p><b>Election Day</b> <b>All Campuses Closed</b></p>	<p><b>4</b> <b>Virtual/Cyber Grab &amp; Go:</b> Yogurt w/ String Cheese &amp; Goldfish (or) Cheeseburger Assorted Vegetables Assorted Fruit/ 100% Fruit Juice <b>ALL served with Fat Free Milk</b></p>	<p><b>5</b> <b>On Campus:</b> Chicken Patty (or) Grilled Cheese Tater Tots Tomato Soup w/ Crackers Assorted Fruit/ 100% Fruit Juice <b>Virtual/Cyber Grab &amp; Go:</b> Turkey &amp; Cheese (or) Chicken Patty Assorted Vegetables Assorted Fruit/ 100% Fruit Juice <b>ALL served with Fat Free Milk</b></p>	<p><b>6</b> <b>On Campus:</b> Cheeseburger (or) Corn Dog Nuggets Baked Beans Cucumber Slices Assorted Fruit/ 100% Fruit Juice <b>Virtual/Cyber Grab &amp; Go:</b> Bologna &amp; Cheese (or) Cheeseburger Assorted Vegetables Assorted Fruit/ 100% Fruit Juice <b>ALL served with Fat Free Milk</b></p>
<p><b>9</b> <b>On Campus:</b> Chicken Fries (or) Pork BBQ on Bun Baked Beans Corn Salad w/ Tomatoes Assorted Fruit/ 100% Fruit Juice <b>Virtual/Cyber Grab &amp; Go:</b> Ham &amp; Cheese (or) Chicken Patty Assorted Vegetables Assorted Fruit/ 100% Fruit Juice <b>ALL served with Fat Free Milk</b></p>	<p><b>10</b> <b>On Campus:</b> Pork Rib on Bun (or) Italian Dunkers Green Beans Grape Tomatoes Assorted Fruit/ 100% Fruit Juice <b>Virtual/Cyber Grab &amp; Go:</b> Turkey Club (or) Pork Rib on Bun Assorted Vegetables Assorted Fruit/ 100% Fruit Juice <b>ALL served with Fat Free Milk</b></p>	<p><b>11</b> <b>NO SCHOOL</b> <b>Veteran's Day</b></p>	<p><b>12</b> <b>On Campus:</b> Popcorn Chicken (or) Meatball Sub Seasoned Curly Fries Romaine Salad Assorted Fruit/ 100% Fruit Juice <b>Virtual/Cyber Grab &amp; Go:</b> Italian Hoagie (or) Chicken Patty Assorted Vegetables Assorted Fruit/ 100% Fruit Juice <b>ALL served with Fat Free Milk</b></p>	<p><b>13</b> <b>On Campus:</b> Chicken Fajita Wrap (or) Cheese Pizza Steamed Carrots Broccoli Salad Assorted Fruit/ 100% Fruit Juice <b>Virtual/Cyber Grab &amp; Go:</b> PBJ (or) Chicken Fajita Wrap Assorted Vegetables Assorted Fruit/ 100% Fruit Juice <b>ALL served with Fat Free Milk</b></p>
<p><b>16</b> <b>On Campus:</b> Popcorn Chicken (or) Meatball Sub Seasoned Curly Fries Romaine Salad Assorted Fruit/ 100% Fruit Juice <b>Virtual/Cyber Grab &amp; Go:</b> Turkey Club (or) Chicken Patty Assorted Vegetables Assorted Fruit/ 100% Fruit Juice <b>ALL served with Fat Free Milk</b></p>	<p><b>17</b> <b>On Campus:</b> Chicken Fajita Wrap (or) Cheese Pizza Steamed Carrots Broccoli Salad Assorted Fruit/ 100% Fruit Juice <b>Virtual/Cyber Grab &amp; Go:</b> Bologna &amp; Cheese (or) Cheeseburger Assorted Vegetables Assorted Fruit/ 100% Fruit Juice <b>ALL served with Fat Free Milk</b></p>	<p><b>18</b> <b>Virtual/Cyber Grab &amp; Go:</b> Italian Hoagie (or) Chicken Patty Assorted Vegetables Assorted Fruit/ 100% Fruit Juice <b>ALL served with Fat Free Milk</b></p>	<p><b>19</b> <b>On Campus:</b> Chicken Fries (or) Pork BBQ on Bun Baked Beans Corn Salad w/ Tomatoes Assorted Fruit/ 100% Fruit Juice <b>Virtual/Cyber Grab &amp; Go:</b> Ham &amp; Cheese (or) Chicken Patty Assorted Vegetables Assorted Fruit/ 100% Fruit Juice <b>ALL served with Fat Free Milk</b></p>	<p><b>20</b> <b>On Campus:</b> Pork Rib on Bun (or) Italian Dunkers Green Beans Grape Tomatoes Assorted Fruit/ 100% Fruit Juice <b>Virtual/Cyber Grab &amp; Go:</b> Italian Hoagie (or) Pork Rib on Bun Assorted Vegetables Assorted Fruit/ 100% Fruit Juice <b>ALL served with Fat Free Milk</b></p>
<p><b>23</b> <b>On Campus:</b> Chicken Patty (or) Grilled Cheese Tater Tots Tomato Soup w/ Crackers Assorted Fruit/ 100% Fruit Juice <b>Virtual/Cyber Grab &amp; Go:</b> Turkey Club (or) Chicken Patty Assorted Vegetables Assorted Fruit/ 100% Fruit Juice <b>ALL served with Fat Free Milk</b></p>	<p><b>24</b> <b>On Campus:</b> Cheeseburger (or) Corn Dog Nuggets Baked Beans Cucumber Slices Assorted Fruit/ 100% Fruit Juice <b>Virtual/Cyber Grab &amp; Go:</b> Bologna &amp; Cheese (or) Cheeseburger Assorted Vegetables Assorted Fruit/ 100% Fruit Juice <b>ALL served with Fat Free Milk</b></p>	<p><b>25</b> <b>NO SCHOOL</b> <b>Act 80 Day</b></p>	<p><b>26</b> <b>NO SCHOOL</b> <b>Thanksgiving Break</b></p>	<p><b>27</b> <b>NO SCHOOL</b> <b>Thanksgiving Break</b></p>