



**OCTOBER
2019**



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 Menus tab.
Orders must be placed online, at least 48hrs in advance.

Featured Nutritious Friends:



**PARTY
PUMPKIN**

Lunch Prices
Student \$2.40
Reduced \$0.40
Adult \$3.50

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	Tuesday	Wednesday	Thursday	Friday
30 Buffalo Chicken Dip Tortilla Chips or Popcorn Chicken with a Dinner Roll Featured Veggies: Steamed Broccoli Cucumber Slices Choice of Fruit Choice of Milk	1 Hot Ham & Cheese on a Pretzel Roll or Cheeseburger On a Bun Featured Veggies: Refried Beans Green Peas Choice of Fruit Choice of Milk	2 Twin Pancakes w/ Scrambled Eggs or Hot Dog On a Bun Featured Veggies: Tater Tots Carrot Sticks 100% Fruit Juice Choice of Milk	3 Penne Pasta with Meatballs Garlic Bread or Chicken Patty On a Bun Featured Veggies: Green Beans Tomato & Onion Salad Choice of Milk	4 Mini Corn Dogs Nuggets or Stuff Crust Pizza Featured Veggies: Baby Carrots Green Beans Choice of Fruit Choice of Milk
7 Toasted Cheese Sandwich or Chicken Tenders Pretzel Sticks Featured Veggies: Tomato Soup Tater Tots Choice of Fruit Choice of Milk	8 Nachos Grande Tortilla Chips or Cheeseburger On a Bun Featured Veggies: Refried Beans Tomato & Onion Salsa Choice of Fruit Choice of Milk	9 French Toast Sticks With Breakfast Sausage or Hot Dog On a Bun Featured Veggies: Potato Triangles Fresh Cucumber Slices 100% Fruit Juice Choice of Milk	10 Beef & Cheese Lasagna Garlic Bread Stick or Chicken Patty On a Bun Featured Veggies: Italian Green Beans Caesar Salad Choice of Fruit Choice of Milk	11 Asian Seame Chicken Over Rice or Italian Dunkers with Sauce Featured Veggies: Steamed Corn Romaine Salad Choice of Fruit Choice of Milk
14 NO SCHOOL ACT 80 DAY <i>The week of</i> <i>October</i> 14- 18 <i>is</i> National School Lunch Week	15 Buffalo Chicken & Cheese On Flat Bread or Cheeseburger On a Bun Featured Veggies: Green Beans Spinach Salad Choice of Fruit Choice of Milk	16 Hot Turkey Sandwich or Hot Dog On a Bun Featured Veggies: Mashed Potatoes ROASTED PUMPKIN Choice of Fruit Choice of Milk	17 Cheesy Beef & Mac Garlic Bread Stick or Chicken Patty On a Bun Featured Veggies: Steamed Carrots Corn Salad Choice of Fruit Choice of Milk	18 BBQ Ribby On a Bun or Pepperoni Pizza Bagel Featured Veggies: Roasted Sweet Potatoes Chick Pea Salad Choice of Fruit Choice of Milk
21 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	22 Macaroni & Cheese Choice of Bread or Roll or Cheeseburger On a Bun Featured Veggies: Yellow Beans Stewed Tomatoes Choice of Fruit Choice of Milk	23 Sloppy Joe On a Roll or Hot Dog On a Bun Featured Veggies: Steamed Broccoli Carrot Sticks Choice of Fruit Choice of Milk	24 Chicken Fajita On a Soft Tortilla or Chicken Patty On a Bun Featured Veggies: Refried Beans Cucumber Salad Choice of Fruit Choice of Milk	25 BBQ Pork Taco On a Soft Tortilla or Italian Dunkers with dipping sauce Featured Veggies: Oven Fries Steamed Carrots Choice of Fruit Choice of Milk
28 Toasted Cheese Sandwich or Chicken Nuggets Pretzel Sticks Featured Veggies: Tomato Soup Tater Tots Choice of Fruit Choice of Milk	29 Walking Taco Tortilla Chips or Cheeseburger On a Bun Featured Veggies: Refried Beans Baby Carrots Choice of Fruit Choice of Milk	30 Chicken & Gravy Over a Biscuit or Hot Dog On a Bun Featured Veggies: Mashed Potatoes Cucumber Salad Choice of Fruit Choice of Milk	31 Spaghetti & Meat Sauce Garlic Bread or Chicken Patty On a Bun Featured Veggies: Yellow Beans HALLOWEEN TREAT Choice of Fruit Choice of Milk	1 Chicken & Cheese Quesadilla or Pepperoni Pizza Featured Veggies: Oven Browned Sweet Potato Corn Salad Choice of Fruit Choice of Milk