

# OCTOBER 2019



**Metz**  
CULINARY MANAGEMENT

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

**General Manager**  
David A. Feller

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### Monday

30

Asian Sesame Chicken  
Over Rice  
or  
Popcorn Chicken  
with a Dinner Roll  
**Featured Veggies:**  
Steamed Broccoli  
Cucumber Slices  
Choice of Fruit  
Choice of Milk

7

Mini Corn Dog Nuggets  
or  
Chicken Tenders  
with a Dinner Roll  
**Featured Veggies:**  
Peas  
Celery Sticks  
Choice of Fruit  
Choice of Milk

14

**NO SCHOOL  
ACT 80 DAY**

*The week of  
October  
14- 18  
is  
National School  
Lunch Week*

21

Mini Corn Dog Nuggets  
or  
Chicken Mash Potato Bowl  
with a Dinner Roll  
**Featured Veggies:**  
Mashed Potatoes  
Steamed Corn  
Choice of Fruit  
Choice of Milk

28

Sausage & Peppers  
Sandwich  
or  
Chicken Nuggets  
Pretzel Sticks  
**Featured Veggies:**  
Seasoned Potato Wedges  
Cherry Tomatoes  
Choice of Fruit  
Choice of Milk

### Tuesday

1

Jacked Up Fries  
w/ Cheese Steak  
or  
Chicken Parmesan  
On a Bun  
**Featured Veggies:**  
Curly Fries  
Baked Beans  
Choice of Fruit  
Choice of Milk

8

Chicken Fajita  
On a Soft Tortilla  
or  
Chicken Parmesan  
On a Bun  
**Featured Veggies:**  
Refried Beans  
**NEW: Curried Chickpea Salad**  
Choice of Fruit  
Choice of Milk

15

Nachos Grande  
Tortilla Chips  
or  
Chicken Parmesan  
On a Bun  
**Featured Veggies:**  
Green Beans  
**NEW: Long Life Kale Salad**  
Choice of Fruit  
Choice of Milk

22

Ziti & Meat Sauce  
Garlic Bread Stick  
or  
Chicken Parmesan  
On a Bun  
**Featured Veggies:**  
Celery Sticks  
Baby Carrots  
Choice of Fruit  
Choice of Milk

29

Mexican Lasagna  
w/ Tortilla Chips  
or  
Chicken Parmesan  
On a Bun  
**Featured Veggies:**  
Refried Beans  
Celery Sticks  
Choice of Fruit  
Choice of Milk

### Wednesday

2

Texas Toasted  
Cheese Sandwich  
or  
Meatball Hoagie  
On a Roll  
**Featured Veggies:**  
Tomato Soup w/ Crackers  
**NEW: Cheesy Carrot Casserole**  
Choice of Milk  
Choice of Milk

9

Penne Pasta & Meatballs  
Garlic Bread  
or  
Meatball Hoagie  
On a Roll  
**Featured Veggies:**  
Italian Style Green Beans  
Romaine Salad  
Choice of Fruit  
Choice of Milk

16

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

23

Homemade Mac & Cheese  
with a Dinner Roll  
or  
Meatball Hoagie  
On a Roll  
**Featured Veggies:**  
Stewed Tomatoes  
Chick Pea Salad  
Choice of Fruit  
Choice of Milk

30

**NEW Italian Grilled Chicken  
Bruschetta Sandwich**  
or  
Meatball Hoagie  
On a Roll  
**Featured Veggies:**  
Green Beans  
Red Pepper Strips  
Choice of Fruit  
Choice of Milk

### Thursday

3

Nachos Grande w/ Beef &  
Tortilla Chips  
or  
BBQ Rib  
On a Bun  
**Featured Veggies:**  
Steamed Corn  
Red Pepper Strips  
Choice of Fruit  
Choice of Milk

10

French Toast Sticks  
with Scrambled Eggs  
or  
BBQ Rib  
On a Bun  
**Featured Veggies:**  
Breakfast Potatoes  
Fresh Cucumber Slices  
Choice of Fruit  
Choice of Milk

17

Hot Turkey  
Sandwich w/ Gravy  
or  
BBQ Rib  
On a Bun  
**Featured Veggies:**  
Mashed Potatoes  
Green Pepper Strips  
Choice of Fruit  
Choice of Milk

24

Cowboy Burger  
Cheese, Onion Rings, BBQ Sauce  
or  
BBQ Rib  
On a Bun  
**Featured Veggies:**  
Peas  
Celery Sticks  
Choice of Fruit  
Choice of Milk

31

Turkey Pot Pie  
ina Bread Bowl  
or  
BBQ Rib  
On a Bun  
**Featured Veggies:**  
Mashed Potatoes  
**HALLOWEEN TREAT**  
Choice of Fruit  
Choice of Milk

### Friday

4

Italian Sausage Sandwich  
w/ Peppers & Onions  
or  
Italian Dunkers  
with Sauce  
**Featured Veggies:**  
Baby Carrots  
Green Beans  
Choice of Fruit  
Choice of Milk

11

**NEW: Chimmichurri  
Pork Tacos**  
or  
Italian Stromboli  
with Sauce  
**Featured Veggies:**  
Sweet Potato Fries  
Romaine Salad  
Choice of Fruit  
Choice of Milk

18

**NEW: Hawaiian Pork Sandwich  
w/ Pineapple Slaw**  
or  
Buffalo Chicken  
Stromboli  
**Featured Veggies:**  
Steamed Broccoli  
Chick Pea Salad  
Choice of Fruit  
Choice of Milk

25

**NEW 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

1

Sloppy Joe  
On a Roll  
or  
Ham, Pepperoni & Cheese  
Stromboli with Sauce  
**Featured Veggies:**  
Cauliflower  
Choice of Fruit  
Choice of Milk