

**OCTOBER
2019**



**CRESTWOOD SCHOOL DISTRICT
BREAKFAST MENU***

What is a Breakfast Meal?

You must choose at least 3 of the 4 components available for the school breakfast price.

Choice of: Grain or grain/protein

Choice of fruit or vegetable
(must take at least a 1/2 cup)
and

Choice of Milk - 1% white, fat-free white,
chocolate, vanilla and strawberry

**NOTE: You must take at least 1/2 cup of fruit
or vegetable**

Fruit May Include:

Canned peaches, applesauce, pears, pineapple,
fruit cocktail, mandarin oranges, 100% juice (apple,
orange), fresh fruit selection including apples,
bananas and oranges

Whole Grain Cereal Selection May Include:

Cinnamon Toast Crunch

Trix

Cocoa Puffs

Fruity Cheerios

Rice Crunch

Kix

Cheerios

Fruit Loops

Frosted Flakes

**Try one of our new
CRAVEABLES!!!**

***MENU SUBJECT TO CHANGE**



**BONGO
BLUEBERRIES**

Breakfast Prices
Elementary Students \$1.25
Secondary Students \$1.50
Reduced \$0.30

General Manager
David A. Feller

Phone Number
570-474-6782 ext 311

Email
dfeller@metzcorp.com

USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>30 Maple Pancake Sausage Wrap or Assorted Cereal with Toast & Jelly</p> <p>Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk</p>	<p>1 Egg & Cheese Bagel or Assorted Cereal with Toast & Jelly</p> <p>Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk</p>	<p>2 Twin Pancakes w/ Syrup or Assorted Cereal with Toast & Jelly</p> <p>Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk</p>	<p>3 Scrambled Eggs w/ Toast or Assorted Cereal with Toast & Jelly</p> <p>Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk</p>	<p>4 Waffles w/ Syrup or Assorted Cereal with Toast & Jelly</p> <p>Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk</p>
<p>7</p> <p>NO SCHOOL</p> <p>Happy Labor Day!</p>	<p>8 Cheese Omelette w/ Toast or Assorted Cereal with Toast & Jelly</p> <p>Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk</p>	<p>9 Twin Pancakes with Syrup or Assorted Cereal with Toast & Jelly</p> <p>Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk</p>	<p>10 Dutch Waffle or Assorted Cereal with Toast & Jelly</p> <p>Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk</p>	<p>11 Breakfast Pizza or Assorted Cereal with Toast & Jelly</p> <p>Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk</p>
<p>14 Egg & Cheese Croissant or Assorted Cereal with Toast & Jelly</p> <p>Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk</p>	<p>15 Maple Pancake Sausage Wrap or Assorted Cereal with Toast & Jelly</p> <p>Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk</p>	<p>16 French Toast Sticks with Syrup or Assorted Cereal with Toast & Jelly</p> <p>Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk</p>	<p>17 Cheese Omelette w/ Toast or Assorted Cereal with Toast & Jelly</p> <p>Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk</p>	<p>18 Scrambled Eggs w/ Toast or Assorted Cereal with Toast & Jelly</p> <p>Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk</p>
<p>21 Breakfast Burrito or Assorted Cereal with Toast & Jelly</p> <p>Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk</p>	<p>22 Egg & Cheese Bagel or Assorted Cereal with Toast & Jelly</p> <p>Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk</p>	<p>23 Waffles with Syrup or Assorted Cereal with Toast & Jelly</p> <p>Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk</p>	<p>24 Maple Pancake Sausage Wrap or Assorted Cereal with Toast & Jelly</p> <p>Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk</p>	<p>25 Cheese Omelette w/ Toast or Assorted Cereal with Toast & Jelly</p> <p>Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk</p>
<p>28 French Toast Sticks w/ Syrup or Assorted Cereal with Toast & Jelly</p> <p>Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk</p>	<p>29 Cheese Omelette w/ Toast or Assorted Cereal with Toast & Jelly</p> <p>Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk</p>	<p>30 Twin Pancakes with Syrup or Assorted Cereal with Toast & Jelly</p> <p>Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk</p>	<p>31 Scrambled Eggs w/ Toast or Assorted Cereal with Toast & Jelly</p> <p>Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk</p>	<p>1 Breakfast Pizza or Assorted Cereal with Toast & Jelly</p> <p>Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk</p>