

March  
2024



**Metz**  
CULINARY MANAGEMENT

## Crestwood Breakfast Menu

### What is a Meal?

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

Choice of: Grain or grain/protein  
Choice of fruit or vegetable  
(must take at least a 1/2 cup)  
and  
Choice of Milk  
Choice of Milk - 1% white, fat-free  
white & chocolate

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  
Lucky Charms  
Kix  
Honey Nut Cheerios  
Fruit Loops  
Frosted Flakes

Served with Graham Cracker

### Breakfast Prices

Students Reduced- FREE  
Students Paid- FREE  
Adult \$2.50



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### Monday

4

Ham, Egg and Cheese  
on an English Muffin  
or  
Assorted Cereals  
with additional grain choice  
**Side Options:**  
Assorted 100% Fruit Juice  
& Assorted Fresh Fruit or  
Assorted Canned Fruit  
Choice of Milk

11

Egg and Cheese  
on a Bun  
or  
Assorted Cereals  
with additional grain choice  
**Side Options:**  
Assorted 100% Fruit Juice  
& Assorted Fresh Fruit or  
Assorted Canned Fruit  
Choice of Milk

18

Ham, Egg and Cheese  
on an English Muffin  
or  
Assorted Cereals  
with additional grain choice  
**Side Options:**  
Assorted 100% Fruit Juice  
& Assorted Fresh Fruit or  
Assorted Canned Fruit  
Choice of Milk

25

Egg and Cheese  
on a Bun  
or  
Assorted Cereals  
with additional grain choice  
**Side Options:**  
Assorted 100% Fruit Juice  
& Assorted Fresh Fruit or  
Assorted Canned Fruit  
Choice of Milk

### Tuesday

5

Blueberry Yogurt  
Parfait  
or  
Assorted Cereals  
with additional grain choice  
**Side Options:**  
Assorted 100% Fruit Juice  
& Assorted Fresh Fruit or  
Assorted Canned Fruit  
Choice of Milk

12

Strawberry Yogurt  
Parfait  
or  
Assorted Cereals  
with additional grain choice  
**Side Options:**  
Assorted 100% Fruit Juice  
& Assorted Fresh Fruit or  
Assorted Canned Fruit  
Choice of Milk

19

Blueberry Yogurt  
Parfait  
or  
Assorted Cereals  
with additional grain choice  
**Side Options:**  
Assorted 100% Fruit Juice  
& Assorted Fresh Fruit or  
Assorted Canned Fruit  
Choice of Milk

26

Strawberry Yogurt  
Parfait  
or  
Assorted Cereals  
with additional grain choice  
**Side Options:**  
Assorted 100% Fruit Juice  
& Assorted Fresh Fruit or  
Assorted Canned Fruit  
Choice of Milk

### Wednesday

6

Yeast  
Donut  
or  
Assorted Cereals  
with additional grain choice  
**Side Options:**  
Assorted 100% Fruit Juice  
& Assorted Fresh Fruit or  
Assorted Canned Fruit  
Choice of Milk

13

Dutch  
Waffles  
or  
Assorted Cereals  
with additional grain choice  
**Side Options:**  
Assorted 100% Fruit Juice  
& Assorted Fresh Fruit or  
Assorted Canned Fruit  
Choice of Milk

20

Yeast  
Donut  
or  
Assorted Cereals  
with additional grain choice  
**Side Options:**  
Assorted 100% Fruit Juice  
& Assorted Fresh Fruit or  
Assorted Canned Fruit  
Choice of Milk

27

Dutch  
Waffles  
or  
Assorted Cereals  
with additional grain choice  
**Side Options:**  
Assorted 100% Fruit Juice  
& Assorted Fresh Fruit or  
Assorted Canned Fruit  
Choice of Milk

### Thursday

7

Plain Bagel  
with Cream Cheese  
or  
Assorted Cereals  
with additional grain choice  
**Side Options:**  
Assorted 100% Fruit Juice  
& Assorted Fresh Fruit or  
Assorted Canned Fruit  
Choice of Milk

14

Cinnamon  
Roll  
or  
Assorted Cereals  
with additional grain choice  
**Side Options:**  
Assorted 100% Fruit Juice  
& Assorted Fresh Fruit or  
Assorted Canned Fruit  
Choice of Milk

21

Plain Bagel  
with Cream Cheese  
or  
Assorted Cereals  
with additional grain choice  
**Side Options:**  
Assorted 100% Fruit Juice  
& Assorted Fresh Fruit or  
Assorted Canned Fruit  
Choice of Milk

28

Cinnamon  
Roll  
or  
Assorted Cereals  
with additional grain choice  
**Side Options:**  
Assorted 100% Fruit Juice  
& Assorted Fresh Fruit or  
Assorted Canned Fruit  
Choice of Milk

### Friday

1

French Toast Sticks  
with Syrup  
or  
Assorted Cereals  
with additional grain choice  
**Side Options:**  
Assorted 100% Fruit Juice  
& Assorted Fresh Fruit or  
Assorted Canned Fruit  
Choice of Milk

8

Homestyle Waffles  
With Syrup  
or  
Assorted Cereals  
with additional grain choice  
**Side Options:**  
Assorted 100% Fruit Juice  
& Assorted Fresh Fruit or  
Assorted Canned Fruit  
Choice of Milk

15

Pancakes  
with Syrup  
or  
Assorted Cereals  
with additional grain choice  
**Side Options:**  
Assorted 100% Fruit Juice  
& Assorted Fresh Fruit or  
Assorted Canned Fruit  
Choice of Milk

22

Homestyle Waffles  
With Syrup  
or  
Assorted Cereals  
with additional grain choice  
**Side Options:**  
Assorted 100% Fruit Juice  
& Assorted Fresh Fruit or  
Assorted Canned Fruit  
Choice of Milk

29

