

March
2024



Metz
CULINARY MANAGEMENT

**Crestwood High School & Middle School
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:
Assorted Bars
Comet Grill Days (cheeseburger, chicken patty's, and more)
Pizza with Assorted Toppings

Leave Your Lunch at Home:

Assorted salads, wraps, hoagies, craveable and more!

March is National Nutrition Month!!!

During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits. Keep an eye out for helpful information that will be posted around the cafeteria.

Lunch Prices
Students Reduced- FREE
Students Paid- \$3.00
Adult \$4.75

General Manager

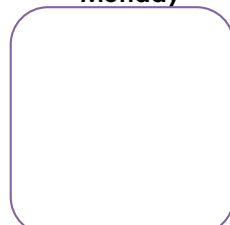
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Monday



4
Grilled BBQ Chicken Sandwich
On a Roll
or
Turkey Corn Dog
Pretzel Stick
Featured Veggies:
Steamed Broccoli
Fresh Vegetables
Choice of Fruit
Choice of Milk

11
Monte Cristo Sandwich
on French Toast
or
Italian Dunkers
Featured Veggies:
Green Beans
Fresh Vegetables
Choice of Fruit
Choice of Milk

18
Sweet & Sour Popcorn Chicken
Over Rice
or
Sloppy Joe (Hamburg BBQ)
on a Burger Bun
Featured Veggies:
Fresh Steamed Broccoli
Fresh Vegetables
Choice of Fruit
Choice of Milk

25
Hot Turkey and Cheese
On a Pretzel Roll
or
Turkey Corn Dog
Pretzel Stick
Featured Veggies:
Fries
Fresh Vegetables
Choice of Fruit
Choice of Milk

Tuesday



5
Chicken & Cheese
Quesadilla
or
Comet Grill Day
Featured Veggies:
Mexicali Corn
Fresh Vegetables
Choice of Fruit
Choice of Milk

12
Meatball
Hoagie
or
Comet Grill Day
Featured Veggies:
Glazed Baby Carrots
Fresh Vegetables
Choice of Fruit
Choice of Milk

19
Walking Tacos
or
Comet Grill Day
Featured Veggies:
Green Beans
Fresh Vegetables
Choice of Fruit
Choice of Milk

26
Southern BBQ Pulled Pork
On a Bun
or
Comet Grill Day
Featured Veggies:
Smile Fries
Fresh Vegetables
Choice of Fruit
Choice of Milk

Wednesday



6
Comet Bowl
with a Dinner Roll
or
BBQ Ribby
On a Bun
Featured Veggies:
Steamed Corn
Fresh Vegetables
Choice of Fruit
Choice of Milk

13
Hot Dog
On a Bun
or
Egg, Ham & Cheese Croissant
Featured Veggies:
Tator Tots
Fresh Vegetables
Choice of Fruit
Choice of Milk

20
Jazzed Up Fries
or
Grilled Chicken and Cheese
On Flat Bread
Featured Veggies:
Corn
Fresh Vegetables
Choice of Fruit
Choice of Milk

27
Italian Sausage & Peppers
On a Bun
or
Chicken Nuggets
with a Dinner Roll
Featured Veggies:
Baked Beans
Fresh Vegetables
Choice of Fruit
Choice of Milk

Thursday



7
Buffalo Chicken
Flatbread
or
Comet Grill Day
Featured Veggies:
Glazed Baby Carrots
Fresh Vegetables
Choice of Fruit
Choice of Milk

14
 **Happy Pi Day!!!**
Stuffed Shells
Garlic Bread Stick
or
Comet Grill Day
Featured Veggies:
Peas
Fresh Vegetables
Choice of Fruit
Choice of Milk

21
Chicken & Waffle w/ Gravy
or
Comet Grill Day
Featured Veggies:
Mashed Potatoes
Fresh Vegetables
Choice of Fruit
Choice of Milk

28
Chicken, Bacon & Cheese
On a Roll
or
Comet Grill Day
Featured Veggies:
Peas
Fresh Vegetables
Choice of Fruit
Choice of Milk

Friday

1
Cheese Pizza
or
Grilled Pepperoni and Cheese
on a Pretzel Bun
Featured Veggies:
Steamed Mixed Veggies
Fresh Vegetables
Choice of Fruit
Choice of Milk

8
Cheese Pizza
or
Texas Toasted
Cheese Sandwich
Featured Veggies:
Steamed Mixed Veggies
Fresh Vegetables
Choice of Fruit
Choice of Milk

15
Cheese Pizza
or
Smothered Pierogies
with a Dinner Roll
Featured Veggies:
Steamed Mixed Veggies
Fresh Vegetables
Choice of Fruit
Choice of Milk

22
Cheese Pizza
or
Fish Sandwich
Featured Veggies:
Glazed Baby Carrots
Fresh Vegetables
Choice of Fruit
Choice of Milk

29
