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 informationt that will be posted around the cafeteria.

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

General Manager
Ariel Cowperthwait
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Monday	Tuesday	Wednesday	Thursday	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
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	**5** Chicken & Cheese Quesadilla or Comet Grill Day **Featured Veggies:** Mexicali Corn Fresh Vegetables Choice of Fruit Choice of Milk	**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	**7** Buffalo Chicken Flatbread or Comet Grill Day **Featured Veggies:** Glazed Baby Carrots Fresh Vegetables Choice of Fruit Choice of Milk	**8** Cheese Pizza or TexasToasted Cheese Sandwich **Featured Veggies:** Steamed Mixed Veggies 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	**12** Meatball Hoagie or Comet Grill Day **Featured Veggies:** Glazed Baby Carrots 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	**14** **Happy Pi Day!!!** Stuffed Shells Garlic Bread Stick or Comet Grill Day **Featured Veggies:** Peas 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
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	**19** Walking Tacos or Comet Grill Day **Featured Veggies:** Green Beans 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	**21** Chicken & Waffle w/ Gravy or Comet Grill Day **Featured Veggies:** Mashed Potatoes 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
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	**26** Southern BBQ Pulled Pork On a Bun or Comet Grill Day **Featured Veggies:** Smile Fries 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	**28** Chicken, Bacon & Cheese On a Roll or Comet Grill Day **Featured Veggies:** Peas Fresh Vegetables Choice of Fruit Choice of Milk	**29**