

JANUARY 2022



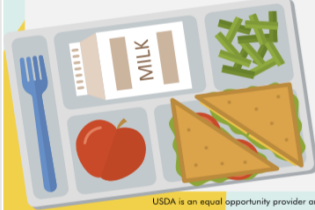
CRESTWOOD SCHOOL DISTRICT BREAKFAST MENU**

Visit us online at: www.metzcrestwood.com

Why You Should Take Advantage of the Free School Meals Being Offered:

- It extends your food budget and saves you time on meal prepping.
- It's comforting and familiar to your kids to have meals at school.
- It's confidential and not just for low-income families.
- The USDA is covering the cost of the meals. You are not taking the meals away from someone who needs it more. They are for all students!

Meals provided through the National School Lunch Program.
*Menu subject to change based on product availability.



Contact Information:
Crestwood Food Service
David A. Feller, General Manager
Crestwood Secondary Campus
281 South Mountain Blvd.
Mountaintop, PA 18707
MA1106@metzcorp.com
570-474-6782 ext. 311



USDA is an equal opportunity provider and employer.

What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price.

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, and fat-free chocolate

Weekly Vegetable Subgroups May Include:

Dark green - spinach, broccoli, romaine and spring salad

Red/Orange - carrots, sweet potatoes, tomatoes, red peppers

Beans/Peas

Starchy - white potatoes, corn, and lima beans

Other Vegetables: celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage

Daily Fruit Selection May Include:

oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

MENU SUBJECT TO CHANGE

General Manager
David A. Feller

Phone Number
570-474-6782 ext. 311

Email
ma1106@metzcorp.com

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Monday

3

Chocolate Muffin
w/ Jungle Crackers
or
Assorted Cereal
w/ Jungle Crackers

Assorted 100% Fruit Juice,
Assorted Fresh &
Canned Fruit
Choice of Milk

4

French Toast Sticks
w/ Syrup
or
Assorted Cereal
w/ Jungle Crackers

Assorted 100% Fruit Juice,
Assorted Fresh &
Canned Fruit
Choice of Milk

Wednesday

5

Pillsbury Mini
Blueberry Waffles
or
Assorted Cereal
w/ Jungle Crackers

Assorted 100% Fruit Juice,
Assorted Fresh &
Canned Fruit
Choice of Milk

Thursday

6

Cinnamon
Roll
or
Assorted Cereal
w/ Jungle Crackers

Assorted 100% Fruit Juice,
Assorted Fresh &
Canned Fruit
Choice of Milk

Friday

7

Breakfast
Pizza
or
Assorted Cereal
w/ Jungle Crackers

Assorted 100% Fruit Juice,
Assorted Fresh &
Canned Fruit
Choice of Milk

10

Cheese Omelette
w/ Toast
or
Assorted Cereal
w/ Jungle Crackers

Assorted 100% Fruit Juice,
Assorted Fresh &
Canned Fruit
Choice of Milk

11

Pancake Wrapped
Sausage on a Stick
or
Assorted Cereal
w/ Jungle Crackers

Assorted 100% Fruit Juice,
Assorted Fresh &
Canned Fruit
Choice of Milk

12

Pillsbury Strawberry
Mini Waffles
or
Assorted Cereal
w/ Jungle Crackers

Assorted 100% Fruit Juice,
Assorted Fresh &
Canned Fruit
Choice of Milk

13

Scrambled Eggs
w/ Toast
or
Assorted Cereal
w/ Jungle Crackers

Assorted 100% Fruit Juice,
Assorted Fresh &
Canned Fruit
Choice of Milk

14

Fruit & Yogurt
Parfait Cups
or
Assorted Cereal
w/ Jungle Crackers

Assorted 100% Fruit Juice,
Assorted Fresh &
Canned Fruit
Choice of Milk

17

NO SCHOOL

*Martin Luther
King Jr.
Day*

18

Twin Pancakes
w/ Sausage Links
or
Assorted Cereal
w/ Jungle Crackers

Assorted 100% Fruit Juice,
Assorted Fresh &
Canned Fruit
Choice of Milk

19

Pillsbury Maple
Mini pancakes
or
Assorted Cereal
w/ Jungle Crackers

Assorted 100% Fruit Juice,
Assorted Fresh &
Canned Fruit
Choice of Milk

20

Scrambled Eggs
w/ Toast
or
Assorted Cereal
w/ Jungle Crackers

Assorted 100% Fruit Juice,
Assorted Fresh &
Canned Fruit
Choice of Milk

21

Cinnamon
Roll
or
Assorted Cereal
w/ Jungle Crackers

Assorted 100% Fruit Juice,
Assorted Fresh &
Canned Fruit
Choice of Milk

24

Breakfast
Pizza
or
Assorted Cereal
w/ Jungle Crackers

Assorted 100% Fruit Juice,
Assorted Fresh &
Canned Fruit
Choice of Milk

25

Scrambled Eggs
w/ Toast
or
Assorted Cereal
w/ Jungle Crackers

Assorted 100% Fruit Juice,
Assorted Fresh &
Canned Fruit
Choice of Milk

26

Fruit & Yogurt
Parfait Cups
or
Assorted Cereal
w/ Jungle Crackers

Assorted 100% Fruit Juice,
Assorted Fresh &
Canned Fruit
Choice of Milk

27

Waffle
w/ Syrup
or
Assorted Cereal
w/ Jungle Crackers

Assorted 100% Fruit Juice,
Assorted Fresh &
Canned Fruit
Choice of Milk

28

NO SCHOOL
*Act 80
Day*

31

Pancake Wrapped
Sausage on a Stick
or
Assorted Cereal
w/ Jungle Crackers

Assorted 100% Fruit Juice,
Assorted Fresh &
Canned Fruit
Choice of Milk

1

Apple Cinnamon Muffin
w/ Jungle Crackers
or
Assorted Cereal
w/ Jungle Crackers

Assorted 100% Fruit Juice,
Assorted Fresh &
Canned Fruit
Choice of Milk

2

Scrambled Eggs
w/ Toast
or
Assorted Cereal
w/ Jungle Crackers

Assorted 100% Fruit Juice,
Assorted Fresh &
Canned Fruit
Choice of Milk

3

Chocolate Muffin
w/ Jungle Crackers
or
Assorted Cereal
w/ Jungle Crackers

Assorted 100% Fruit Juice,
Assorted Fresh &
Canned Fruit
Choice of Milk

4

Breakfast
Pizza
or
Assorted Cereal
w/ Jungle Crackers

Assorted 100% Fruit Juice,
Assorted Fresh &
Canned Fruit
Choice of Milk