

# OCTOBER 2021



# CRESTWOOD SCHOOL DISTRICT BREAKFAST Menu\*\*

Visit us online at: [www.metzcrestwood.com](http://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](mailto: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**

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**Email**

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Monday	Wednesday	Thursday	Friday
<p><b>4</b></p> <p>Pillsbury Strawberry Mini waffles or Assorted Cereal w/ Jungle Crackers</p> <p>Assorted 100% Fruit Juice, Assorted Fresh &amp; Canned Fruit Choice of Milk</p>	<p><b>6</b></p> <p>Fruit &amp; Yogurt Parfait Cups or Assorted Cereal w/ Jungle Crackers</p> <p>Assorted 100% Fruit Juice, Assorted Fresh &amp; Canned Fruit Choice of Milk</p>	<p><b>7</b></p> <p>Pancakes w/ Syrup or Assorted Cereal w/ Jungle Crackers</p> <p>Assorted 100% Fruit Juice, Assorted Fresh &amp; Canned Fruit Choice of Milk</p>	<p><b>8</b></p> <p><b>NO SCHOOL</b></p> <p><b>ACT 80 DAY</b></p>
<p><b>11</b></p> <p><b>NO SCHOOL</b></p> <p><b>Columbus Day</b></p>	<p><b>12</b></p> <p>Chocolate Muffin w/ Jungle Crackers or Assorted Cereal w/ Jungle Crackers</p> <p>Assorted 100% Fruit Juice, Assorted Fresh &amp; Canned Fruit Choice of Milk</p>	<p><b>13</b></p> <p>French Toast Sticks w/ Syrup or Assorted Cereal w/ Jungle Crackers</p> <p>Assorted 100% Fruit Juice, Assorted Fresh &amp; Canned Fruit Choice of Milk</p>	<p><b>14</b></p> <p>Pillsbury Mini Blueberry Waffles or Assorted Cereal w/ Jungle Crackers</p> <p>Assorted 100% Fruit Juice, Assorted Fresh &amp; Canned Fruit Choice of Milk</p>
<p><b>18</b></p> <p>Cheese Omelette w/ Toast or Assorted Cereal w/ Jungle Crackers</p> <p>Assorted 100% Fruit Juice, Assorted Fresh &amp; Canned Fruit Choice of Milk</p>	<p><b>19</b></p> <p>Pancake Wrapped Sausage on a Stick or Assorted Cereal w/ Jungle Crackers</p> <p>Assorted 100% Fruit Juice, Assorted Fresh &amp; Canned Fruit Choice of Milk</p>	<p><b>20</b></p> <p>Pillsbury Strawberry Mini waffles or Assorted Cereal w/ Jungle Crackers</p> <p>Assorted 100% Fruit Juice, Assorted Fresh &amp; Canned Fruit Choice of Milk</p>	<p><b>21</b></p> <p>Scrambled Eggs w/ Toast or Assorted Cereal w/ Jungle Crackers</p> <p>Assorted 100% Fruit Juice, Assorted Fresh &amp; Canned Fruit Choice of Milk</p>
<p><b>25</b></p> <p>French Toast Sticks w/ Syrup or Assorted Cereal w/ Jungle Crackers</p> <p>Assorted 100% Fruit Juice, Assorted Fresh &amp; Canned Fruit Choice of Milk</p>	<p><b>26</b></p> <p>Breakfast Pizza or Assorted Cereal w/ Jungle Crackers</p> <p>Assorted 100% Fruit Juice, Assorted Fresh &amp; Canned Fruit Choice of Milk</p>	<p><b>27</b></p> <p>Scrambled Eggs w/ Toast or Assorted Cereal w/ Jungle Crackers</p> <p>Assorted 100% Fruit Juice, Assorted Fresh &amp; Canned Fruit Choice of Milk</p>	<p><b>28</b></p> <p>Fruit &amp; Yogurt Parfait Cups or Assorted Cereal w/ Jungle Crackers</p> <p>Assorted 100% Fruit Juice, Assorted Fresh &amp; Canned Fruit Choice of Milk</p>
<p><b>1</b></p> <p>Pancake Wrapped Sausage on a Stick or Assorted Cereal w/ Jungle Crackers</p> <p>Assorted 100% Fruit Juice, Assorted Fresh &amp; Canned Fruit Choice of Milk</p>	<p><b>2</b></p> <p>Scrambled Eggs w/ Toast or Assorted Cereal w/ Jungle Crackers</p> <p>Assorted 100% Fruit Juice, Assorted Fresh &amp; Canned Fruit Choice of Milk</p>	<p><b>3</b></p> <p>Chocolate Muffin w/ Jungle Crackers or Assorted Cereal w/ Jungle Crackers</p> <p>Assorted 100% Fruit Juice, Assorted Fresh &amp; Canned Fruit Choice of Milk</p>	<p><b>5</b></p> <p>Breakfast Pizza or Assorted Cereal w/ Jungle Crackers</p> <p>Assorted 100% Fruit Juice, Assorted Fresh &amp; Canned Fruit Choice of Milk</p>
<p><b>15</b></p> <p>Breakfast Pizza or Assorted Cereal w/ Jungle Crackers</p> <p>Assorted 100% Fruit Juice, Assorted Fresh &amp; Canned Fruit Choice of Milk</p>	<p><b>22</b></p> <p>Fruit &amp; Yogurt Parfait Cups or Assorted Cereal w/ Jungle Crackers</p> <p>Assorted 100% Fruit Juice, Assorted Fresh &amp; Canned Fruit Choice of Milk</p>	<p><b>29</b></p> <p>Waffle w/ Syrup or Assorted Cereal w/ Jungle Crackers</p> <p>Assorted 100% Fruit Juice, Assorted Fresh &amp; Canned Fruit Choice of Milk</p>	<p><b>30</b></p> <p>Breakfast Pizza or Assorted Cereal w/ Jungle Crackers</p> <p>Assorted 100% Fruit Juice, Assorted Fresh &amp; Canned Fruit Choice of Milk</p>