

OCTOBER 2021



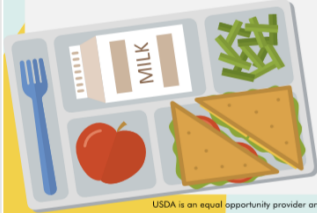
CRESTWOOD SCHOOL DISTRICT LUNCH MENU**

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

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Monday

4

BRUNCH 4 LUNCH

Sausage, Egg & Cheese on a Croissant or
Chicken Tenders w/ Roll
FEATURED VEGGIES
Tater Tots
Broccoli Salad
Choice of Fruit
Choice of Milk

5

Italian Meatball & Cheese Hoagie or
Cowboy Burger on Roll
Cheese, Onion Rings, BBQ Sauce
FEATURED VEGGIES
Steamed Golden Corn
Baby Carrots
Choice of Fruit
Choice of Milk

Wednesday

6

Buffalo Chicken Cheesesteak Wrap or
Hot Dog on Roll
FEATURED VEGGIES
Steamed Cauliflower
Black Bean Salad
Choice of Fruit
Choice of Milk

Thursday

7

Homemade Beef & Cheese Lasagna w/ Dinner Roll or
Chicken Parm Sandwich
FEATURED VEGGIES
Steamed Garden Peas
Garden Salad
Choice of Fruit
Choice of Milk

Friday

8

NO SCHOOL

ACT
80
DAY

11

NO SCHOOL

Columbus Day

12

Mini Corn Dog Nuggets or
Cowboy Burger on Roll
Cheese, Onion Rings, BBQ Sauce
FEATURED VEGGIES
Seasoned Curly Fries
Black Bean Salad
Choice of Fruit
Choice of Milk

13

FAMOUS COMET BOWL
Popcorn Chicken Mashed Potato Bowl w/ Dinner Roll or Hot Dog on Roll
FEATURED VEGGIES
Steamed Corn
Caesar Salad
Choice of Fruit
Choice of Milk

14

Classic Toasted Cheese Sandwich or
Chicken Patty Sandwich
FEATURED VEGGIES
Tomato Soup
Celery Sticks
Choice of Fruit
Choice of Milk

15

Stuffed Crust Pizza or
Turkey & Cheese Melt w/ Ranch
FEATURED VEGGIES
Steamed Carrots
Broccoli Salad
Choice of Fruit
Choice of Milk

18

Italian Meatball & Cheese Hoagie or
Chicken Tenders w/ Roll
FEATURED VEGGIES
Green Beans
Baby Carrots
Choice of Fruit
Choice of Milk

19

Chicken Fajita Wrap or
Cheeseburger on Roll
Roasted Pepper and Onion
Homemade Coleslaw
Choice of Fruit
Choice of Milk

20

Loaded Bacon & Cheddar Pierogies w/ Roll or
Hot Dog on Roll
FEATURED VEGGIES
Steamed Carrots
Sliced Cucumbers
Choice of Fruit
Choice of Milk

21

Philly Cheesesteak on Club Roll w/ Cheese sauce or
Chicken Parm Sandwich
FEATURED VEGGIES
Baked Potato Wedges
Fresh Cauliflower
Choice of Fruit
Choice of Milk

22

Italian Dunkers or
Ham & Cheese Melt w/ Honey Mustard
FEATURED VEGGIES
Steamed Mixed Vegetables
Chickpea Salad
Choice of Fruit
Choice of Milk

25

Buffalo Chicken Dip Over Tortilla Chips or
Chicken Fries w/ Roll
FEATURED VEGGIES
Tater Tots
Baby Carrots
Choice of Fruit
Choice of Milk

26

Spaghetti & Meatballs w/ Garlic Toast or
Cowboy Burger on Roll
Cheese, Onion Rings, BBQ Sauce
FEATURED VEGGIES
Steamed Garden Peas
Curried Chickpea Salad
Choice of Fruit
Choice of Milk

27

BRUNCH 4 LUNCH
French Toast Sticks w/ Breakfast Sausage Links or
Hot Dog on Roll
FEATURED VEGGIES
Hash Brown Potatoes
Steamed Mixed Veggies
100% Fruit Juice
Choice of Milk

28

Walking Taco w/ Seasoned Ground Beef or
Chicken Patty Sandwich
FEATURED VEGGIES
Refried Beans
Lettuce & Tomato Cup
Choice of Fruit
Choice of Milk

29

Italian-style Stromboli w/ Sauce or
Turkey & Cheese Melt w/ Ranch
FREE HALLOWEEN TREAT
Roasted Broccoli
Carrot and Celery Sticks
Choice of Fruit
Choice of Milk

1

Pulled Pork BBQ Sandwich or
Chicken Nuggets w/ Roll
FEATURED VEGGIES
Curly Fries
Tossed Salad
Choice of Fruit
Choice of Milk

2

Nachos Grande w/ Beef or Chicken served over Tortilla or
Cheeseburger on Roll
FEATURED VEGGIES
Ranch Refried Bean Dip
Lettuce & Tomato Cup
Choice of Fruit
Choice of Milk

3

Open faced Turkey Sandwich w/ Gravy or
Hot Dog on Roll
FEATURED VEGGIES
Au Gratin Potatoes
Homemade Coleslaw
Choice of Fruit
Choice of Milk

4

Homemade Mac & Cheese w/ Dinner Roll or
Chicken Parm Sandwich
FEATURED VEGGIES
Stewed Tomatoes
Fresh Cucumbers
Choice of Fruit
Choice of Milk

5

Stuffed Crust Pizza or
Ham & Cheese Melt w/ Honey Mustard
FEATURED VEGGIES
Broccoli & Cheese
Caesar Salad
Choice of Fruit
Choice of Milk