

**APRIL
2024**



Metz
CULINARY MANAGEMENT

Crestwood Breakfast Menu

What is a Meal?

You must choose at least 3 of the 4 components available for the schoolbreakfast price.

Choice of: Grain or grain/protein
Choice of fruit or vegetable
(must take at least a 1/2 cup)
and

Choice of Milk
Choice of Milk - 1% white, fat-free
white & chocolate

You must take at least 1/2 cup of
fruit or vegetable

Fruit May Include:

Canned peaches, applesauce,
pears, pineapple, fruit cocktail,
mandarin oranges, 100% juice
(apple, orange), fresh fruit selection
including apples, bananas and
oranges

Whole Grain Cereal Selection May Include:

Cinnamon Toast Crunch
Trix
Cocoa Puffs
Fruity Cheerios
Lucky Charms
Kix
Honey Nut Cheerios
Fruit Loops
Frosted Flakes

Served with Graham Cracker

Breakfast Prices

Students Reduced- FREE
Students Paid- FREE
Adult \$2.50



Phone Number-(570)474-6782
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USDA is an equal opportunity provider and employer.

Monday

1



8

Egg and Cheese
on a Croissant
or
Assorted Cereals
with additional grain choice
Side Options:
Assorted 100% Fruit Juice
& Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

15

Ham, Egg and Cheese
on an English Muffin
or
Assorted Cereals
with additional grain choice
Side Options:
Assorted 100% Fruit Juice
& Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

22

Egg and Cheese
on a Croissant
or
Assorted Cereals
with additional grain choice
Side Options:
Assorted 100% Fruit Juice
& Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

29

Ham, Egg and Cheese
on an English Muffin
or
Assorted Cereals
with additional grain choice
Side Options:
Assorted 100% Fruit Juice
& Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

Tuesday

2

French Toast Sticks
with Syrup
or
Assorted Cereals
with additional grain choice
Side Options:
Assorted 100% Fruit Juice
& Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

9

Strawberry Yogurt
Parfait
or
Assorted Cereals
with additional grain choice
Side Options:
Assorted 100% Fruit Juice
& Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

16

French Toast Sticks
with Syrup
or
Assorted Cereals
with additional grain choice
Side Options:
Assorted 100% Fruit Juice
& Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

23

Blueberry
Parfait
or
Assorted Cereals
with additional grain choice
Side Options:
Assorted 100% Fruit Juice
& Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

30

French Toast Sticks
with Syrup
or
Assorted Cereals
with additional grain choice
Side Options:
Assorted 100% Fruit Juice
& Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

Wednesday

3

Yeast
Donut
or
Assorted Cereals
with additional grain choice
Side Options:
Assorted 100% Fruit Juice
& Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

10

Dutch
Waffles
or
Assorted Cereals
with additional grain choice
Side Options:
Assorted 100% Fruit Juice
& Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

17

Yeast
Donut
or
Assorted Cereals
with additional grain choice
Side Options:
Assorted 100% Fruit Juice
& Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

24

Dutch
Waffles
or
Assorted Cereals
with additional grain choice
Side Options:
Assorted 100% Fruit Juice
& Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

1

Yeast
Donut
or
Assorted Cereals
with additional grain choice
Side Options:
Assorted 100% Fruit Juice
& Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

Thursday

4

Plain Bagel
with Cream Cheese
or
Assorted Cereals
with additional grain choice
Side Options:
Assorted 100% Fruit Juice
& Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

11

Cinnamon
Roll
or
Assorted Cereals
with additional grain choice
Side Options:
Assorted 100% Fruit Juice
& Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

18

Plain Bagel
with Cream Cheese
or
Assorted Cereals
with additional grain choice
Side Options:
Assorted 100% Fruit Juice
& Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

25

Cinnamon
Roll
or
Assorted Cereals
with additional grain choice
Side Options:
Assorted 100% Fruit Juice
& Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

2

Plain Bagel
with Cream Cheese
or
Assorted Cereals
with additional grain choice
Side Options:
Assorted 100% Fruit Juice
& Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

Friday

5

Homestyle Waffles
With Syrup
or
Assorted Cereals
with additional grain choice
Side Options:
Assorted 100% Fruit Juice
& Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

12

Pancake
With Syrup
or
Assorted Cereals
with additional grain choice
Side Options:
Assorted 100% Fruit Juice
& Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

19

Homestyle Waffles
With Syrup
or
Assorted Cereals
with additional grain choice
Side Options:
Assorted 100% Fruit Juice
& Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

26

Pancake
With Syrup
or
Assorted Cereals
with additional grain choice
Side Options:
Assorted 100% Fruit Juice
& Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

3

Homestyle Waffles
With Syrup
or
Assorted Cereals
with additional grain choice
Side Options:
Assorted 100% Fruit Juice
& Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk