

**April  
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 information 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**

1



**Tuesday**

2

**Brunch For Lunch**  
French Toast Sticks  
with Sausage Link  
or  
Comet Grill Day  
**Featured Veggies:**  
Hash Browns  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

**Wednesday**

3

Baked Ziti  
with Garlic Bread  
or  
Hot Dog  
on a Bun  
**Featured Veggies:**  
Baked Beans  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

**Thursday**

4

Cowboy Burger  
or  
Comet Grill Day  
**Featured Veggies:**  
Peas  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

**Friday**

5

Cheese Pizza  
or  
Grilled Pepperoni and Cheese  
on a Pretzel Bun  
**Featured Veggies:**  
Steamed Mixed Veggies  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

8

Lasagna Roll Ups  
Garlic Knot  
or  
Chicken Tenders  
with a Dinner Roll  
**Featured Veggies:**  
Steamed Broccoli  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

9

Walking Tacos  
Topping Bar  
or  
Comet Grill Day  
**Featured Veggies:**  
Fiesta Corn  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

10

Chicken Parm  
Sandwich  
or  
Hot Dog  
on a Bun  
**Featured Veggies:**  
Steamed Carrots  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

11

Breaded Chicken Legs  
or  
Comet Grill Day  
**Featured Veggies:**  
Sweet Potatoes  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

12

Cheese Pizza  
or  
Chicken Bacon Ranch  
Sandwich  
**Featured Veggies:**  
Steamed Mixed Veggies  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

15

Monte Cristo Sandwich  
on French Toast  
or  
Italian Dunkers

**Featured Veggies:**  
Green Beans  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

16

Mac and Cheese  
with Stewed Tomatoes  
or  
Comet Grill Day

**Featured Veggies:**  
Steamed Peas  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

17

Comet Bowl  
with a Dinner Roll  
or  
Hot Dog  
On a Bun

**Featured Veggies:**  
Steamed Corn  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

18

Buffalo Chicken  
Flatbread  
or  
Comet Grill Day

**Featured Veggies:**  
Glazed Baby Carrots  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

19

**COMETS' LET'S SOAR  
Day!**

Hot Dog and Cheeseburger  
Corn on the Cob  
Chips  
Apples and Oranges

22

Smothered Pierogies  
with a Dinner Roll  
or  
Chicken Tenders  
with a Dinner Roll  
**Featured Veggies:**  
Green Beans  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

23

Meatball  
Hoagie  
or  
Comet Grill Day  
**Featured Veggies:**  
Glazed Baby Carrots  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

24

Salisbury Steak  
with Gravy  
or  
Hot Dog  
on a Bun  
**Featured Veggies:**  
Mashed Potatoes  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

25

Stuffed Shells  
Garlic Bread Stick  
or  
Comet Grill Day  
**Featured Veggies:**  
Peas  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

26

Cheese Pizza  
or  
Fish Sandwich

**Featured Veggies:**  
Glazed Baby Carrots  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

29

Asian Meatballs  
Over Rice  
or  
Turkey Corn Dog  
Pretzel Stick

**Featured Veggies:**  
Fresh Steamed Broccoli  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

30

Chicken Fajita Wrap  
or  
Comet Grill Day

**Featured Veggies:**  
Fiesta Corn  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

1

Jazzed Up Fries  
or  
Hot Dog  
on a Bun

**Featured Veggies:**  
Green Beans  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

2

Chicken & Gravy  
over a Biscuit  
or  
Comet Grill Day

**Featured Veggies:**  
Mashed Potatoes  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

3

Cheese Pizza  
or  
Sloppy Joe (Hamburg BBQ)  
on a Burger Bun

**Featured Veggies:**  
Glazed Baby Carrots  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

