

February
2024



Metz
CULINARY MANAGEMENT

Crestwood High 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!



February is  part Healthy Month!
Let's protect our  by taking small actions like adding more movement  our day or choosing healthy foods! Your  will thank you!

Lunch Prices

Students Reduced- \$0.40
Students Paid- \$2.85
Adult \$4.75

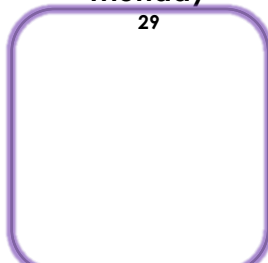


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USDA is an equal opportunity provider and employer.

Monday

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5

National Tater Tot Day!
Buffalo Chicken Loaded Tots
or
MTO Deli Bar
Assorted Deli Station
Featured Veggies:
Green Beans
Fresh Vegetables
Choice of Fruit
Choice of Milk

12



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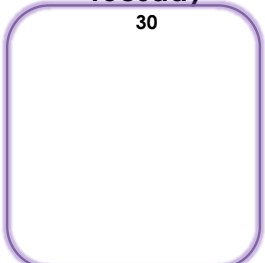


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Asian Sesame Chicken
over Rice
or
MTO Deli Bar
Assorted Deli Station
Featured Veggies:
Fresh Steamed Broccoli
Fresh Vegetables
Choice of Fruit
Choice of Milk

Tuesday

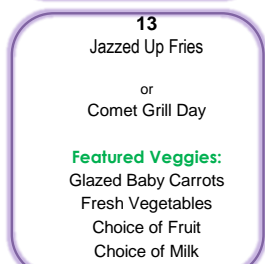
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6

Pierogies
with Butter and Onions
or
Comet Grill Day
Featured Veggies:
Steamed Broccoli
Fresh Vegetables
Choice of Fruit
Choice of Milk

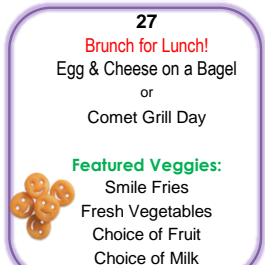
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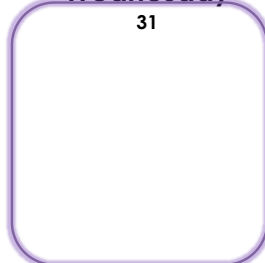
Early Dismissal
Buffalo Chicken Dip
With Tortilla Chips
or
Comet Grill Day
Featured Veggies:
Green Beans
Fresh Vegetables
Choice of Fruit
Choice of Milk

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Wednesday

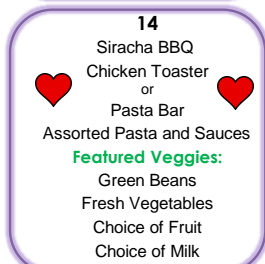
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7

Apple BBQ
Tortilla Chips
or
Taco Bar
Assorted Meats and Toppings
Featured Veggies:
Corn
Fresh Vegetables
Choice of Fruit
Choice of Milk

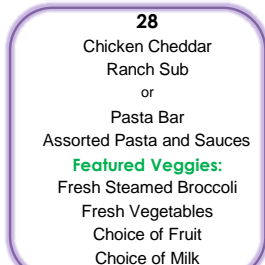
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Italian Sausage and
Pepepr Sandwich
or
Walking Taco with
Beef and Cheese
Featured Veggies:
Steamed Corn
Fresh Vegetables
Choice of Fruit
Choice of Milk

28



Thursday

1



8

Lasagna Roll Up
with Sauce and Dinner Roll
or
Comet Grill Day
Featured Veggies:
Carrot Coins
Fresh Vegetables
Choice of Fruit
Choice of Milk

15



22

Italian Dunksers
with Marinara Dipping Sauce
or
Comet Grill Day
Featured Veggies:
Peas
Fresh Vegetables
Choice of Fruit
Choice of Milk

29



Friday

2



9

Cheese Pizza
or
Grilled Ham and Cheese
on a Pretzel Bun
Featured Veggies:
Peas
Fresh Vegetables
Choice of Fruit
Choice of Milk

16



23

Cheese Pizza
or
Grilled Italian
on a Croissant
Featured Veggies:
Glazed Baby Carrots
Fresh Vegetables
Choice of Fruit
Choice of Milk

1

