



CRESTWOOD SCHOOL DISTRICT BREAKFAST Menu** MARCH 2023



Visit us online at: www.metzcrestwood.com

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

schoolcafe

One app for the entire Crestwood Cafeteria

APPLY FOR FREE & REDUCED MEALS
Applying for free and reduced meal benefits has never been easier. Apply, submit, and track your application status from start to finish.

SEE NUTRITIONAL INFO
Check menus, see nutritional information and allergens. Students can rate and favorite menu items all from their phone.

MANAGE BALANCES
Make payments, view purchase history, and receive low balance alerts. For convenience, setup automatic payments to replenish their cafeteria funds.

ADDITIONAL INFO
David A. Feller, General Manager / ma1106@metzcorp.com
Visit us at www.metzcrestwood.com for additional details and MUCH MORE!!

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MS/HS Breakfast	ALL STUDENTS FREE	ALL STUDENTS FREE
MS/HS Lunch	\$2.65	REDUCED \$0.40
Elem. Breakfast	ALL STUDENTS FREE	ALL STUDENTS FREE
Elem. Lunch	\$2.40	REDUCED \$0.40



General Manager

Phone Number
570-474-6782 ext. 311

Email
ma1106@metzcorp.com

****MENU SUBJECT TO CHANGE****

Monday	Tuesday	Wednesday	Thursday	Friday
27 Cheese Omelette w/ Toast or Assorted Cereal w/ Jungle Crackers Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk	28 Pancake Wrapped Sausage on a Stick or Assorted Cereal w/ Jungle Crackers Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk	1 Chocolate Muffin w/ Jungle Crackers or Assorted Cereal w/ Jungle Crackers Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk	2 Breakfast Pizza or Assorted Cereal w/ Jungle Crackers Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk	3 Cinnamon Roll w/ Jungle Crackers or Assorted Cereal w/ Jungle Crackers Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk
6 Pillsbury Mini Blueberry Waffles or Assorted Cereal w/ Jungle Crackers Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk	7 Chocolate Muffin w/ Jungle Crackers or Assorted Cereal w/ Jungle Crackers Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk	8 French Toast Sticks w/ Syrup or Assorted Cereal w/ Jungle Crackers Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk	9 Fruit & Yogurt Parfait Cups or Assorted Cereal w/ Jungle Crackers Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk	10 NO SCHOOL ACT 80 DAY
13 Chocolate Muffin w/ Jungle Crackers or Assorted Cereal w/ Jungle Crackers Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk	14 Pancake Wrapped Sausage on a Stick or Assorted Cereal w/ Jungle Crackers Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk	15 Pillsbury Strawberry Mini waffles or Assorted Cereal w/ Jungle Crackers Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk	16 Scrambled Eggs w/ Toast or Assorted Cereal w/ Jungle Crackers Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk	17 Fruit & Yogurt Parfait Cups or Assorted Cereal w/ Jungle Crackers Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk
20 French Toast Sticks w/ Syrup or Assorted Cereal w/ Jungle Crackers Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk	21 Breakfast Pizza or Assorted Cereal w/ Jungle Crackers Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk	22 Chocolate Muffin w/ Jungle Crackers or Assorted Cereal w/ Jungle Crackers Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk	23 Pancake Wrapped Sausage on a Stick or Assorted Cereal w/ Jungle Crackers Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk	24 Cinnamon Roll w/ Jungle Crackers or Assorted Cereal w/ Jungle Crackers Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk
27 Cheese Omelette w/ Toast or Assorted Cereal w/ Jungle Crackers Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk	28 Pancake Wrapped Sausage on a Stick or Assorted Cereal w/ Jungle Crackers Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk	29 Breakfast Pizza or Assorted Cereal w/ Jungle Crackers Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk	30 Cinnamon Roll w/ Jungle Crackers or Assorted Cereal w/ Jungle Crackers Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk	31 Chocolate Muffin w/ Jungle Crackers or Assorted Cereal w/ Jungle Crackers Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk