



CRESTWOOD SCHOOL DISTRICT

ELEMENTARY LUNCH MENU ** MARCH 2023



Visit us online at: www.metzcrestwood.com

schoolcafe

Academy of Nutrition and Dietetics

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/ mal106@metzcorp.com

Visit us at www.metzcrestwood.com for additional details and MUCH MORE!!

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www.schoolcafe.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 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

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



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****MENU SUBJECT TO CHANGE**
General Manager

Phone Number
570-474-6782 ext. 311
Email
mal106@metzcorp.com

Monday	Tuesday	Wednesday	Thursday	Friday
<p>27 BRUNCH 4 LUNCH French Toast Sticks w/ Syrup & Sausage Links or Chicken Nuggets w/ Roll FEATURED VEGGIES Tater Tots Broccoli Salad 100% Fruit Juice Choice of Milk</p>	<p>28 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</p>	<p>1 Penne Pasta w/ Meat Sauce (Beef) Garlic Bread Stick or Hot Dog on Roll FEATURED VEGGIES Italian Green Beans Tossed Salad FRUITED JELLO CUPS Choice of Milk</p>	<p>2 COMET BOWL Popcorn Chicken over Mashed Potatoes w/ Gravy Steamed Corn & Cheese (or) Chicken Patty Sandwich FEATURED VEGGIES Steamed Corn Celery Sticks Choice of Fruit Choice of Milk</p>	<p>3 Hamade Cheese Pizza or Turkey & Cheese Melt on a Pretzel Roll FEATURED VEGGIES Roasted Broccoli Carrot and Celery Sticks Choice of Fruit Choice of Milk</p>
<p>6 Mini Corn Dog Nuggets or Chicken Tenders w/ Roll FEATURED VEGGIES Oven Baked Sweet Potatoes Tossed Salad Choice of Milk Choice of Milk</p>	<p>7 Open faced Turkey Sandwich w/ Gravy or Cheeseburger on Roll FEATURED VEGGIES Curly Fries Black Bean Salad Choice of Fruit Choice of Milk</p>	<p>8 BBQ Pork Rib Sandwich or Hot Dog On Roll FEATURED VEGGIES Baked Beans Baby Carrots Caesar Salad Choice of Fruit Choice of Milk</p>	<p>9 Classic Toasted Cheese Sandwich or Chicken Parm Sandwich FEATURED VEGGIES Tomato Soup Cucumber Slices Choice of Fruit Choice of Milk</p>	<p>10 NO SCHOOL Act 80 Day</p>
<p>13 Italian Meatball Hoagie or Chicken Fries w/ Roll FEATURED VEGGIES Green Beans Cranberry Sauce Choice of Fruit Choice of Milk</p>	<p>14 Chicken Fajita w/ Steamed Rice or Cheeseburger on Roll FEATURED VEGGIES Refried Beans Homemade Coleslaw Choice of Fruit Choice of Milk</p>	<p>15 JAZZ'D UP FRIES w/ Roll topped w/ BBQ Chicken Bites Cheese Sauce & Bacon (or) Hot Dog on Roll FEATURED VEGGIES Steamed Broccoli Tossed Salad Choice of Fruit Choice of Milk</p>	<p>16 Spaghetti w/ Meat Sauce (Beef) Garlic Bread Stick (or) Chicken Patty Sandwich FEATURED VEGGIES Steamed Peas Fresh Cauliflower FRUITED JELLO CUPS Choice of Milk</p>	<p>17 Italian Dunkers w/ Sauce or Ham & Cheese Melt on a Croissant FEATURED VEGGIES Steamed Mixed Vegetables Chickpea Salad Choice of Fruit Choice of Milk</p>
<p>20 Asian Sesame Chicken Over Rice Or Popcorn chicken w/ Roll FEATURED VEGGIES Roasted Broccoli Carrot and Celery Sticks Choice of Fruit Choice of Milk</p>	<p>21 Nachos Grande w/ Beef & Cheese Sauce served over Chips w/ Roll or Cheeseburger on Roll FEATURED VEGGIES Ranch Refried Bean Garden Salsa Cup Choice of Fruit Choice of Milk</p>	<p>22 Pulled Pork BBQ on Roll or Hot Dog on Roll FEATURED VEGGIES Baked Beans Homemade Coleslaw FRUITED JELLO CUPS Choice of Milk</p>	<p>23 Homemade Mac & Cheese w/ Dinner Roll or Chicken Parm Sandwich FEATURED VEGGIES Stewed Tomatoes Broccoli Salad Choice of Fruit Choice of Milk</p>	<p>24 Hamade Cheese Pizza or Turkey & Cheese Melt on a Croissant FEATURED VEGGIES Steamed Mixed Vegetables Chickpea Salad Choice of Fruit Choice of Milk</p>
<p>27 BRUNCH 4 LUNCH French Toast Sticks w/ Syrup & Sausage Links or Chicken Nuggets w/ Roll FEATURED VEGGIES Tater Tots Broccoli Salad 100% Fruit Juice Choice of Milk</p>	<p>28 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</p>	<p>29 Penne Pasta w/ Meat Sauce (Beef) Garlic Bread Stick or Hot Dog on Roll FEATURED VEGGIES Italian Green Beans Tossed Salad FRUITED JELLO CUPS Choice of Milk</p>	<p>30 COMET BOWL Popcorn Chicken over Mashed Potatoes w/ Gravy Steamed Corn & Cheese (or) Chicken Patty Sandwich FEATURED VEGGIES Steamed Corn Celery Sticks Choice of Fruit Choice of Milk</p>	<p>31 Mozzarella Stuffed Breadstick w/ Sauce or Ham & Cheese Melt on a Pretzel Roll FEATURED VEGGIES Roasted Broccoli Carrot and Celery Sticks Choice of Fruit Choice of Milk</p>