

MAY  
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



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## Monday

6  
Breakfast Bagel  
or  
Assorted Cereals  
with additional grain choice  
**Side Options:**  
Assorted 100% Fruit Juice  
& Assorted Fresh Fruit or  
Assorted Canned Fruit  
Choice of Milk

13  
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

20  
Breakfast Bagel  
or  
Assorted Cereals  
with additional grain choice  
**Side Options:**  
Assorted 100% Fruit Juice  
& Assorted Fresh Fruit or  
Assorted Canned Fruit  
Choice of Milk

27  
  
MEMORIAL DAY  
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

## Tuesday

7  
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

14  
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

21  
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

28  
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

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

8  
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

15  
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

22  
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

29  
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

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

9  
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

16  
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

23  
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

30  
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

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

10  
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

17  
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

24  
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

31  
Chef's Choice  
or  
Assorted Cereals  
with additional grain choice  
**Side Options:**  
Assorted 100% Fruit Juice  
& Assorted Fresh Fruit or  
Assorted Canned Fruit  
Choice of Milk