

MAY  
2024



**Metz**  
CULINARY MANAGEMENT

Crestwood High School & Middle School  
Lunch Menu

Monday



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Tuesday

Wednesday

Thursday

Friday

**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

Phone Number-(570)474-6782

Email- ma1106@metzcorp.com

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**6**  
Hot Turkey and Cheese  
On a Pretzel Roll  
or  
Chicken Tenders  
with a Roll  
**Featured Veggies:**  
Fries  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

**13**  
General Tsos Chicken  
over Rice  
or  
Turkey Corn Dog  
Pretzel Stick  
**Featured Veggies:**  
Fries  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

**20**  
Lasagna Roll Ups  
Garlic Knot  
or  
Tenders  
with a Dinner Roll  
**Featured Veggies:**  
Tator Tots  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

**27**  
  
MEMORIAL DAY

**7**  
Southern BBQ Pulled Pork  
On a Bun  
or  
Comet Grill Day  
**Featured Veggies:**  
Baked Beans  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

**14**  
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

**21**  
Walking Tacos  
Topping Bar  
or  
Comet Grill Day  
**Featured Veggies:**  
Fiesta Corn  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

**28**  
Chef's Choice  
**Featured Veggies:**  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

**8**  
Italian Sausage & Peppers  
On a Bun  
or  
Hot Dog  
on a Bun  
**Featured Veggies:**  
Broccoli  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

**15**  
Baked Ziti  
with Garlic Bread  
or  
Hot Dog  
on a Bun  
**Featured Veggies:**  
Baked Beans  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

**22**  
Assorted Pizza  
or  
Hot Dog  
on a Bun  
**Featured Veggies:**  
Peas  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

**29**  
Chef's Choice  
**Featured Veggies:**  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

**9**  
Chicken, Bacon & Cheese  
on a Pretzel Bun  
or  
Comet Grill Day  
0  
**Featured Veggies:**  
Peas  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

**16**  
Cowboy Burger  
or  
Comet Grill Day  
**Featured Veggies:**  
Peas  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

**23**  
Italian Dunker  
with Marinara Sauce  
or  
Comet Grill Day  
**Featured Veggies:**  
Steamed Corn  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

**30**  
Chef's Choice  
**Featured Veggies:**  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

**10**  
Cheese Pizza  
or  
Siracha Chicken  
On Flat Bread  
**Featured Veggies:**  
Steamed Mixed Veggies  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

**17**  
Assorted  
Pizzas  
**Featured Veggies:**  
Green Beans  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

**24**  
Cheese Pizza  
or  
Chicken Bacon Ranch  
Sandwich  
**Featured Veggies:**  
Glazed Carrots  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

**31**  


**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

**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

**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

**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

**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

