

## 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 Chocolate & White

### Daily Vegetable Choices May Include:

Spinach, Broccoli, Romaine Salad, Carrots, Sweet Potatoes, Tomatoes, Red Peppers, Beans, Peas, Potatoes Corn, Celery sticks, Cucumbers, Cauliflower, Green Peppers, Green Beans and Green Peppers

### Daily Fruit Choices May Include:

Oranges, Apples, Bananas, Grapes, Pears, Peaches, Strawberries, Applesauce, Pineapple, 100% Fruit Juices, and Mandarin Oranges

### Leave Your Lunch at Home

Daily entrée options may include: Whole Grain Chicken Patty on a Bun w/ a side of Lettuce & Tomato Whole Grain Chicken Nuggets w/ Whole Grain Soft Pretzel Assorted Fresh Dough Pizza Smucker's Uncrustable Peanut Butter & Jelly Sandwich Salad Bar

A variety of salads, sandwiches and subs offered daily.

Menu subject to change due to



Jennifer Johns: General Manager Jean Viglione: Registered Dietitian Shawn Leh: Chef Manager Jess Kremer: Chef Manage

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# **ERIE'S PUBLIC HIGH SCHOOL LUNCH MENU**

# March 2024

MONDAY **TUESDAY** WEDNESDAY



**THURSDAY** 

**FRIDAY** 

Breakfast Bar: Choice of Scrambles eggs, pork sausage or yogurt. Add French toast sticks, waffles or mini pancakes along with cinnamon apples or potato patty or tots.



epperoni & Cheese Calzor w/Marinara Sauce Cup

**FEATURED VEGGIES** Popcorn Cauliflower Side Salad Choice of Fruit Choice of Milk

Hamburger Bar! Build your burger with a choice of assorted toppings. Choose from American or Mozzarella cheese served with a side of fries or vegetable of the day.

Mighty Mac Burger Salad w WG Goldfish Crackers & WG Soft Pretzel

> **FEATURED VEGGIES** French Fries Kale Citrus Side Salad Choice of Fruit Choice of Milk

Greek Dog on a Whole Grain Bun

**FEATURED VEGGIES** Green Peppers Vegetarian Baked Beans Choice of Fruit Choice of Milk

Sliced Turkey w/Gravy & 2 Whole Grain Soft Pretzel

**FEATURED VEGGIES** Mashed Potatoes w/Grav Green Beans Choice of Fruit Choice of Mill

Goulash

**FEATURED VEGGIES** Side Salad Apple Cider Slaw Choice of Fruit Choice of Milk

Grilled Cheese Sandwich

**FEATURED VEGGIES** Broccoli Creamy Tomato Soup Choice of Fruit Choice of Milk

15

12 13 14 Wess 0 Pasta Bar: Pasta topped w/red or alfredo sauce. Choose between meatballs or grilled chicken & choose to serve w/a whole grain soft pretzel or breadstick

Cheeseburger Casserole

w/a Whole Grain Soft Pretze

FEATURED VEGGIES Dill Seasoned Tater Triangles Peas

Choice of Fruit Choice of Milk

18

Chicken Gyro w/Side of Tzatziki Sauce

**FEATURED VEGGIES** Roasted Vegetables Cucumbers Choice of Fruit Choice of Milk

19

Hawaiian Meatballs over Rice

**FEATURED VEGGIES** Broccoli Coleslaw Choice of Fruit Choice of Milk

Chicken 'N Waffle Sandwich w/Hot Honey Glaze

> FEATURED VEGGIES Green Beans Cucumber Salad w/Dressin Choice of Fruit Choice of Milk

> > 21

Chicken Bacon Ranch Sub



**FEATURED VEGGIES** Asian Pepper Slaw Sauteed Bok Chov Choice of Fruit Choice of Milk

22

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FEATURED VEGGIES Garbanzo Beans

Mini Mac Burger on a

Whole Grain Bun

Red Pepper Strips Choice of Fruit Choice of Milk

South West Chicken w/ Rice Bowl

**FEATURED VEGGIES** Corn Potato Wedaes Choice of Fruit Choice of Milk

26

Spring Fest Mini WG Rice Krispie Treat

> **FEATURED VEGGIES** Au Gratin Potatoes

20

Hot Dog Bar: Build your hot dog w/assorted toppings & choose from a side of baked beans, coleslaw or French fries.

Choice of Fruit Choice of Mill 27

Sweet & Sour Chicken Fried Rice

FEATURED VEGGIES Stir Fry Vegetables Baby Carrots Choice of Fruit Choice of Mill

28

Veggie & Cheese Quesadilla

**FEATURED VEGGIES** Celery Sauteed Green Beans Choice of Fruit Choice of Milk

29

No School

No School

No School

No School

No School

## Soup/Salad, Hummus, Specialty Pizza Features

Week of: 3/1 SOUP Buffalo Chicken Chowder PIZZA

Vegetable Buffalo Chicken HUMMUS Roasted Red Pepper or Choo

Week of:3/4-3/8 SOUP Broccoli Cheese PIZZA Sausage/Pepperoni Hawaiian HUMMUS Sweet Chili or Pumpkin Pie Week of:3/11-3/15 SOUP Chicken Noodle PIZZA Vegetable BBQ Chicken

HUMMUS Roasted Red Pepper or Cho

Week of:3/18-3/22 SOUP Buffalo Chicken Chowder PIZZA

Broccoli Chicken Ranch Macaroni & Cheese HUMMUS Sweet Chili or Pumpkin Pie

