ERIE'S PUBLIC MIDDLE SCHOOL LUNCH MENU

March 2024

MONDAY **TUESDAY** WEDNESDAY **THURSDAY FRIDAY**

Specialty Pizza: Vegetable or Buffalo Chicken OR Hummus Platter: Roasted Red Pepper or Chocolate Dippers



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 Lettuce & Tomato Side Available Assorted Fresh Dough Pizza Smuckers Uncrustable Peanut Butter &

Garden Salad or Turkey Entree Salad Salads served w/ Goldfish Crackers & a Whole Grain Soft Pretzel Sub Sandwiches

Menu is subject to change based on availability.





Jennifer Johns: General Manager Jean Viglione: Registered Dietitian Shawn Leh: Chef Manager Jess Kremer: Chef Manage Phone: 814-874-6885 Fax: 814-874-6889



epperoni & Cheese Calzon w/Marinara Sauce Cup **FEATURED VEGGIES** Popcorn Cauliflower

Choice of Milk

Choice of Fruit

Grilled Cheese Sandwich

Specialty Pizza: Sausage/Pepperoni



or Hawaiian OR Hummus Platter: Sweet Chili or Pumpkin Pie Dippers

Mighty Mac Burger Salad

FEATURED VEGGIES Crinkle Cut Fries

Choice of Fruit

Greek Dog on a Whole Grain Bun **FEATURED VEGGIES**

Vegetarian Baked Beans

Choice of Fruit Choice of Milk

Sliced Turkey w/Gravy & a Whole Grain Soft Pretze

FEATURED VEGGIES Mashed Potatoes w/Grav

Choice of Fruit

Goulash

FEATURED VEGGIES FEATURED VEGGIES Side Salad Creamy Tomato Soup

Choice of Fruit Choice of Fruit Choice of Milk

Specialty Pizza: Vegetable or BBQ Chicken OR Hummus Platter: Roasted Red Pepper or Chocolate Dippers

Cheeseburger Casserole w/a Whole Grain Soft Pretze

FEATURED VEGGIES Dill Seasoned Tater Triangles

> Choice of Fruit Choice of Milk

Chicken Gyro w/Side of Tzatziki Sauce

FEATURED VEGGIES Cucumber Slices

Choice of Fruit Choice of Milk 12

Hawaiian Meatballs over Rice

FEATURED VEGGIES Broccoli

Choice of Fruit Choice of Milk 13

Waffles w/a Fried Chicken Lea

FEATURED VEGGIES Green Beans

Choice of Fruit Choice of Milk 14

Macaroni & Cheese w/a Whole Grain Soft Pretze

> **FEATURED VEGGIES** Tomatoes

Choice of Fruit Choice of Milk 15

Specialty Pizza: Broccoli Chicken Ranch or Macaroni & Cheese OR Hummus Platter: Sweet Chili or Pumpkin Pie Dippers

Mini Mac Burger on a Whole Grain Bun

> FEATURED VEGGIES Red Pepper Slices

Choice of Fruit Choice of Milk 18

hicken Walking Taco w/Nac Cheese Doritos & a Cookies

FEATURED VEGGIES

Choice of Fruit Choice of Milk

19

Spring Fest Mini WG Rice Krispie Treat

> FEATURED VEGGIES Au Gratin Potatoes

Choice of Fruit

Choice of Milk 20

Sweet & Sour Chicken Fried Rice

FEATURED VEGGIES **Baby Carrots**

Choice of Fruit Choice of Mill 21

Beef Philly Cheesesteak

FEATURED VEGGIES French Fries

> Choice of Fruit Choice of Milk

22

No School

No School

26

No School

No School

No School

25

27

28

29

Free breakfast and lunch available to all students when school is in session!

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