

**MARCH  
2019**



**Metz**  
CULINARY MANAGEMENT

**School District of the City of Erie  
Academy Lunch Menu**

**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

**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 chick 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, fruit juice, pears, peaches, strawberries, applesauce, pineapple and mandarin oranges

**Leave Your Lunch at Home**

Daily entrée options may include:

Pizza of the Week  
Cheese or Pepperoni Pizza  
Vegetable Pizza  
Smucker's Uncrustible Peanut Butter & Jelly Sandwich  
Chicken Station(Chicken Patty on a Bun, Popcorn Chicken &/or Grilled Chicken)  
Specialty Salad Bar

**UP FOR GRABS**

Check out our selection of Grab and Go salads, sandwiches, wraps and parfaits. Selections change weekly!

**Menu is subject to change.**

**Pizzas of the week:**

2/25--3/1: White Vegetable or Sausage  
3/4-3/8: Supreme or Philly Steak  
3/11-3/15: Buffalo Chicken or Meatball  
3/18-3/22: Sausage/Pepp. or Hawaiian  
3/25-3/29: Mexican or BBQ Chicken

Early Dismissal - March 19th



Jennifer Johns - Food Service Director

Shawn Leh - Chef Manager

Jean Ager - Registered Dietitian

Rich Stafford - Chef Manager

Phone: 814-874-6885 or Fax: 814-874-6889

USDA is an equal opportunity provider and employer.

**Monday**

**MEATLESS MONDAY**

**4**

Broccoli Cheese Rice w/  
Cheese Breadstick & a Cookie  
or  
Hot Dog Bar



**Featured Veggies:**  
Tater Traingle  
Cucumber Slices  
Choice of Fruit  
Choice of Milk

**Tuesday**

**MEATLESS MONDAY**

**5**

Bacon Cheeseburger on  
Whole Grain Bun  
or  
Hot Dog Bar

**Featured Veggies:**  
Potato Wedges  
Caesar Salad  
Choice of Fruit  
Choice of Milk

**Wednesday**

**MEATLESS MONDAY**

**6**

Macaroni & Cheese w/a  
Whole Grain Dinner Roll  
or  
Hot Dog Bar

**Featured Veggies:**  
Peas  
Red Pepper Strips  
Choice of Fruit  
Choice of Milk

**Thursday**

**MEATLESS MONDAY**

**7**

Salisbury Steak w/ a  
Whole Grain Dinner Roll  
or  
Hot Dog Bar

**Featured Veggies:**  
Broccoli Salad  
Mashed Potatoes w/ Gravy  
Choice of Fruit  
Choice of Milk

**Friday**

**MEATLESS MONDAY**

**1**

Homemade Grilled Cheese  
Sandwich  
or  
Boneless Wing Bar

**Featured Veggies:**  
Tomato Soup  
Roasted Garden Vegetables  
Choice of Fruit  
Choice of Milk

**8**

Cheese Ravioli w/ w/  
Cheese Garlic Toast  
or  
Hot Dog Bar

**Featured Veggies:**  
Cooked Carrots  
Green Beans  
Choice of Fruit  
Choice of Milk

**11**

Boneless Chicken Wings w/  
a Whole Grain Dinner Roll  
or  
Breakfast Bar



**Featured Veggie:**  
Tater Tots  
Broccoli  
Choice of Fruit  
Choice of Milk

**12**

Chicken & Cheese  
Quesadilla  
or  
Breakfast Bar

**Featured Veggies:**  
Mexicala Corn  
Cucumber Salad  
Choice of Fruit  
Choice of Milk

**13**

French Dip Hoagie w/  
Au Jus  
or  
Breakfast Bar

**Featured Veggies:**  
Shoestring Fries  
Peas  
Choice of Fruit  
Choice of Milk

**14**

BBQ Chicken Breast  
w/ Rice Pilaf  
or  
Breakfast Bar

**Featured Veggies:**  
Corn on the Cob  
Italian Salad  
Choice of Fruit  
Choice of Milk

**15**

Fish Po'Boy w/ Cajun Sauce  
on a Whole Grain Bun  
or  
Breakfast Bar

**Featured Veggies:**  
Roasted Zucchini  
Coleslaw  
Choice of Fruit  
Choice of Milk

**18**

Non-Attendance Day



**19**

Chicken Fajita Salad w/  
Tortilla Chips, Dinner Roll  
or  
Pasta Bar

**Featured Veggies:**  
Mashed Potatoes & Gravy  
Corn  
Choice of Fruit  
Choice of Milk

**20**

Cheeseburger on a  
Whole Grain Bun  
or  
Pasta Bar

**Featured Veggies:**  
Crinkle Cut Fries  
Tomato Slices  
Choice of Fruit  
Choice of Milk

**21**

Spicy Chicken Bacon Ranch  
Sandwich on Whole Grain Bun  
or  
Pasta Bar

**Featured Veggies:**  
Potato Wedges  
Spring Mix Salad  
Choice of Fruit  
Choice of Milk

**22**

Italian Dunkers w/ Pizza  
Dipping Sauce  
or  
Pasta Bar

**Featured Veggies:**  
Carrot Sticks  
Baked Beans  
Choice of Fruit  
Choice of Milk

**25**

Sauteed Pierogies w/  
Peppers/Onions & a Dinner Roll  
or  
Taco Bar



**Featured Veggies:**  
Peas & Carrots  
Green Pepper Strips  
Choice of Fruit  
Choice of Milk

**26**

Little Mac Burger  
or  
Taco Bar

**Featured Veggies:**  
Green Beans  
Crinkle Cut Fries  
Choice of Fruit  
Choice of Milk

**27**

Stromboli  
or  
Taco Bar

**Featured Veggies:**  
Steamed Broccoli  
Celery Sticks  
Choice of Fruit  
Choice of Milk

**28**

Chicken Mashed Potato Bowl  
w/a Corn Muffin  
or  
Taco Bar

**Featured Veggies:**  
Snow Peas  
Carrot Sticks  
Choice of Fruit  
Choice of Milk

**29**

Non-Attendance Day