

**MAY  
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:**

4/29--5/3: Supreme or Veggie  
5/6-5/10: Buffalo Chicken or Mac & Cheese  
5/13-5/17: Sausage/Pepp or Hawaiian  
5/20-5/24: White Veggie or Sausage  
5/27-5/31: Mexican or BBQ Chicken

Early Dismissal - May 7th



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**

**6**

Cheese Ravioli w/ Sauce  
Whole Grain Garlic Stick  
or  
Breakfast Bar

**Featured Veggies:**  
Green Beans  
Broccoli  
Choice of Fruit  
Choice of Milk

**13**

Cheeseburger on a  
Whole Grain Bun  
or  
Taco Bar

**Featured Veggies:**  
French Fries  
Roasted Brussel Sprouts  
Choice of Fruit  
Choice of Milk

**20**

**MEATLESS MONDAY**  
Garlic French Bread Pizza  
w/ Pizza Dipping Sauce  
or  
Hot Dog Bar

**Featured Veggies:**  
Green Pepper Strips  
Green Beans  
Choice of Fruit  
Choice of Milk

**27**

Memorial Day



**Tuesday**

**MEATLESS MONDAY**

**7**

Chicken Nuggets w/ a  
Whole Grain Dinner Roll  
or  
Breakfast Bar

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

**14**

Chicken Tenders w/ a  
Whole Grain Dinner Roll  
or  
Taco Bar

**Featured Veggies:**  
Green Beans  
Corn  
Choice of Fruit  
Choice of Milk

**21**

Non-Attendance Day

**28**

Lasagna Roll Up w/ a  
Whole Grain Garlic Stick  
or  
Hamburger Bar

**Featured Veggies:**  
Green Beans  
Cucumber Slices  
Choice of Fruit  
Choice of Milk

**Wednesday**

**1**  
BBQ Chicken Breast Sandwich  
on a Whole Grain Bun  
or  
Hot Dog Bar

**Featured Veggies:**  
Peas  
Romaine Salad  
Choice of Fruit  
Choice of Milk

**8**

Cheese Dog on a  
Whole Grain Bun  
or  
Breakfast Bar

**Featured Veggies:**  
Crinkle Cut Fries  
Corn on the Cob  
Choice of Fruit  
Choice of Milk

**15**

Sliced Turkey w/ Gravy  
& a Dinner Roll, Stuffing  
or  
Taco Bar

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

**22**

Stromboli  
or  
Hot Dog Bar

**Featured Veggies:**  
Steamed Broccoli  
Cooked Carrots  
Choice of Fruit  
Choice of Milk

**29**

Chicken Alfredo w/a  
Whole Grain Dinner Roll  
or  
Hamburger Bar

**Featured Veggies:**  
Broccoli  
Peas  
Choice of Fruit  
Choice of Milk

**Thursday**

**2**  
Salisbury Steak w/ a  
Whole Grain Dinner Roll  
or  
Hot Dog Bar

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

**9**

Walking Taco w/ a  
Whole Grain Cookie  
or  
Breakfast Bar

**Featured Veggies:**  
Corn  
Italian Salad  
Choice of Fruit  
Choice of Milk

**16**

Spicy Chicken Patty on a  
Whole Grain Bun  
or  
Taco Bar

**Featured Veggies:**  
Popcorn Cauliflower  
Tomato Wedges  
Choice of Fruit  
Choice of Milk

**23**

Chicken Mashed Potato Bowl  
w/ a Corn Muffin  
or  
Hot Dog Bar

**Featured Veggies:**  
Mashed Potatoes w/ Gravy  
Tomato Wedges  
Choice of Fruit  
Choice of Milk

**30**

Beef Soft Taco  
or  
Hamburger Bar

**Featured Veggies:**  
Corn  
Refried Beans  
Choice of Fruit  
Choice of Milk

**Friday**

**3**  
Homemade Chicken  
Enchilada  
or  
Hot Dog Bar

**Featured Veggies:**  
Fiesta Corn  
Refried Beans  
Choice of Fruit  
Choice of Milk

**10**

Fish Sandwich on a  
Whole Grain Bun  
or  
Breakfast Bar

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

**17**

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

**Featured Veggies:**  
Cucumber Slices  
Broccoli  
Choice of Fruit  
Choice of Milk

**24**

Homemade Grilled Cheese  
Sandwich  
or  
Hot Dog Bar

**Featured Veggies:**  
Tomato Soup  
Peas & Carrots  
Choice of Fruit  
Choice of Milk

**31**

Waffles w/ Syrup &  
Pork Sausage Links  
or  
Hamburger Bar

**Featured Veggies:**  
Potato Triangle  
Red Pepper Strips  
Choice of Fruit  
Choice of Milk