

**MARCH  
2020**



**Metz**  
CULINARY MANAGEMENT

**School District of the City of Erie  
Crown 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:  
Cheese or Pepperoni Pizza  
Chicken Patty on a Bun  
Chef Salad w/ Chef Manager  
Vegetarian or Garden Salad w/Heartzel Pretzels  
Smucker's Uncrustable Peanut Butter & Jelly Sandwich

Menu is subject to change.



Jennifer Johns - Food Service Director  
Shawn Leh - Chef Manager  
Jean Ager - Registered Dietitian  
Jess Kremer - Chef Manager

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

**2**  
Chicken Enchilada

**Featured Veggies:**

Tomatoes  
Choice of Fruit  
Choice of Milk

**9**  
Italian Meatball and Cheese Hoagie

**Featured Veggies:**

Cucumber Slices  
Choice of Fruit  
Choice of Milk

**16**  
Lasagna Roll Up w/ a Whole Grain Garlic Stick

**Featured Veggies:**

Green Pepper Strips  
Choice of Fruit  
Choice of Milk

**23**  
Egg & Cheese Bagel Sandwich

**Featured Veggies:**

Potato Triangle  
Choice of Fruit  
Choice of Milk

**30**  
Cheese Ravioli w/a Whole Grain Garlic Stick

**Featured Veggies:**

Broccoli  
Choice of Fruit  
Choice of Milk

**Tuesday**

**3**  
Chicken Nuggets w/ a Whole Grain Dinner Roll

**Featured Veggies:**

Potato Wedges  
Choice of Fruit  
Choice of Milk

**10**  
Chicken Fajitas over Rice w/a Whole Grain Dinner Roll

**Featured Veggies:**

Corn  
Choice of Fruit  
Choice of Milk

**17**  
Italian Sweet Sausage Hoagie w/ Peppers

**Featured Veggies:**

Veggie Slaw  
Choice of Fruit  
Choice of Milk

**24**  
Taco Pizza

**Featured Veggies:**

Corn  
Choice of Fruit  
Choice of Milk

**31**  
Walking Taco w/a Whole Grain Cookie

**Featured Veggies:**

Red Pepper Strips  
Choice of Fruit  
Choice of Milk

**Wednesday**

**4**  
Pepperoni & Cheese Calzone

**Featured Veggies:**

Green Pepper Strips  
Choice of Fruit  
Choice of Milk

**11**  
Non-Attendance Day

**18**  
Pulled Pork Sandwich on a Whole Grain Bun

**Featured Veggies:**

Broccoli w/ Cheese  
Choice of Fruit  
Choice of Milk

**25**  
Chicken Tenders w/ a Whole Grain Dinner Roll

**Featured Veggies:**

Roasted Potatoes  
Choice of Fruit  
Choice of Milk

**Thursday**

**5**  
Waffles w/ Syrup & a Chicken Leg

**Featured Veggies:**

Broccoli  
Choice of Fruit  
Choice of Milk

**12**  
Orange Chicken over Rice w/ a Whole Grain Roll

**Featured Veggies:**

Broccoli  
Choice of Fruit  
Choice of Milk

**19**  
Chicken Mashed Potato Bowl w/ a Corn Muffin

**Featured Veggies:**

Mashed Potatoes & Corn  
Choice of Fruit  
Choice of Milk

**26**  
Bacon Cheeseburger on a Whole Grain Bun

**Featured Veggies:**

Cucumbers  
Choice of Fruit  
Choice of Milk

**Friday**

**6**  
Stuffed Shells w/a Whole Grain Garlic Stick

**Featured Veggies:**

Green Beans  
Choice of Fruit  
Choice of Milk

**13**  
Italian Dunkers w/ Pizza Dipping Sauce

**Featured Veggies:**

Kale Salad  
Choice of Fruit  
Choice of Milk

**20**  
Non-Attendance Day

**27**  
Fish Sandwich on a Whole Grain Bun

**Featured Veggies:**

Broccoli w/ Cheese  
Choice of Fruit  
Choice of Milk