

March
2019



Metz
CULINARY MANAGEMENT

**School District of the City of Erie
East 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:

Assorted Pizza Bar
Cheese or Pepperoni Pizza
Vegetable Pizza
Chicken Patty on a Bun
Smucker's Uncrustible Peanut Butter & Jelly Sandwich
Salad Bar

UP FOR GRABS

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

Menus are subject to change.

Early Dismissal - March - 19



Jennifer Johns - Food Service Director

Shawn Leh - Chef Manager

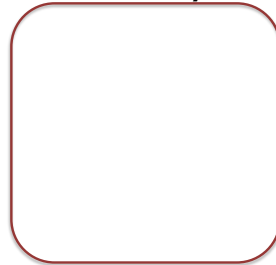
Jean Ager - Registered Dietitian

Rich Stafford - Chef Manager

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

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Monday



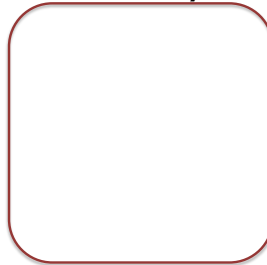
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Broccoli Cheese Rice
Cheese Bread Stick & a Cookie



Featured Veggies:
Tater Triangle
Cucumber Slices
Choice of Fruit
Choice of Milk

Tuesday

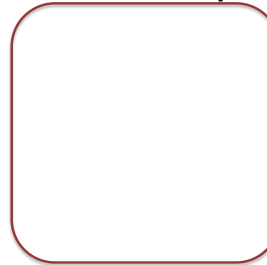


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Bacon Cheeseburger on a
Whole Grain Bun

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

Wednesday

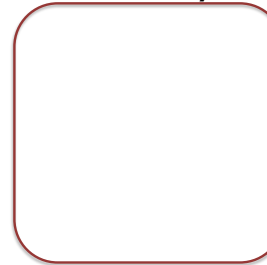


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Macaroni & Cheese w/a
Whole Grain Bun

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

Thursday

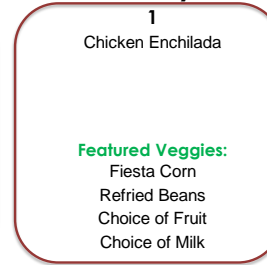


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Salisbury Steak w/ a
Whole Grain Dinner Roll

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

Friday



1

Chicken Enchilada

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

8

Homemade Grilled Cheese
Sandwich

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

11

Pancakes w/ Syrup
Pork Sausage Links

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

12

Chicken Nuggets w/a
Whole Grain Roll

Featured Veggies:
Peas & Carrots
Cucumber Salad
Choice of Fruit
Choice of Milk

13

Cheese Dog on a
Whole Grain Bun

Featured Veggies:
Corn on the Cob
Peas
Choice of Fruit
Choice of Milk

14

Walking Taco w/ a
Whole Grain Cookie

Featured Veggies:
Baked Potato
Italian Salad
Choice of Fruit
Choice of Milk

15

Cheese Ravioli w/a
Whole Grain Garlic Stick

Featured Veggies:
Cooked Carrots
Coleslaw
Choice of Fruit
Choice of Milk

18

Non-Attendance Day



19

Chicken Fajita Salad w/
Tortilla Chips & a Dinner Roll

Featured Veggies:
Crinkle Cut Fries
Corn
Choice of Fruit
Choice of Milk

20

Cheeseburger on a
Whole Grain Bun

Featured Veggies:
Peas
Green Beans
Choice of Fruit
Choice of Milk

21

Garlic French Bread Pizza
w/ Pizza Dipping Sauce

Featured Veggies:
Popcorn Cauliflower
Broccoli
Choice of Fruit
Choice of Milk

22

Italian Dunkers w/
Pizza Dipping Sauce

Featured Veggies:
Potatoes O'Brien
Green Beans
Choice of Fruit
Choice of Milk

25

Pretzel Rods w/
Cheese Dipping Sauce

Featured Veggies:
Peas
Green Beans
Choice of Fruit
Choice of Milk

26

Beef Tacos on Tortilla Shells

Featured Veggies:
Potato Wedges
Corn
Choice of Fruit
Choice of Milk

27

Stromboli

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

28

Chicken Mashed Potato Bowl
w/ a Corn Muffin

Featured Veggies:
Mashed Potatoes & Corn
Peas & Carrots
Choice of Fruit
Choice of Milk

29

Non-Attendance Day