

**MAY  
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 - 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**

1  
BBQ Chicken Breast Sandwich on a Whole Grain Bun

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

6  
Cheese Ravioli w/ Sauce & a Whole Grain Garlic Stick

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

13  
Cheeseburger on a Whole Grain Bun

**Featured Veggies:**  
French Fries  
Red Pepper Strips  
Choice of Fruit  
Choice of Milk

20  
Nachos Grande w/a Whole Grain Dinner Roll

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

27  
Memorial Day Non-Attendance Day

**Tuesday**

2  
Salisbury Steak w/ a Whole Grain Dinner Roll

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

7  
Chicken Nuggets w/ a Whole Grain Dinner Roll

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

14  
Chicken Tenders w/ a Whole Grain Dinner Roll

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

21  
Non-Attendance Day

28  
Cheeseburger on a Whole Grain Bun

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

**Wednesday**

1  
BBQ Chicken Breast Sandwich on a Whole Grain Bun

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

8  
Cheese Dog on a Whole Grain Hot Dog Bun

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

15  
Sliced Turkey w/ Gravy & a Dinner Roll, Stuffing

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

22  
Stromboli

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

29  
Walking Taco w/ a Whole Grain Cookie

**Featured Veggies:**  
Corn  
California Blend Vegetables  
Choice of Fruit  
Choice of Milk

**Thursday**

2  
Salisbury Steak w/ a Whole Grain Dinner Roll

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

9  
Walking Taco w/ a Whole Grain Cookie

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

16  
Garlic French Bread Pizza w/ Pizza Dipping Sauce

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

23  
Chicken Mashed Potato Bowl w/ a Corn Muffin

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

30  
Oven Roasted Chicken w/a Whole Grain Dinner Roll

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

**Friday**

3  
Chicken Enchilada

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

10  
Pancakes w/ Syrup & Pork Sausage Links

**Featured Veggies:**  
Potato Triangle  
Roasted Zucchini  
Choice of Fruit  
Choice of Milk

17  
Macaroni & Cheese w/ a Whole Grain Dinner Roll

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

24  
Fish Sandwich on a Whole Grain Bun

**Featured Veggies:**  
Romaine Salad  
Green Beans  
Choice of Fruit  
Choice of Milk

31  
Home Made Grilled Cheese Sandwich

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