

March
2019



Metz
CULINARY MANAGEMENT

**School District of the City of Erie
Erie High 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
Popcorn Chicken w/ Roll

UP FOR GRABS

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

Menu is subject to change.

Pizza 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
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

1
Chicken Enchilada
or
Boneless Wing Bar
Featured Veggies:
Mexicala Corn
Refried Beans
Choice of Fruit
Choice of Milk

4
Broccoli Cheese Rice
Cheesy Bread Stick w/ a Cookie
or
Hot Dog Bar
Featured Veggies:
Tater Triangle
Cucumber Slices
Choice of Fruit
Choice of Milk

11
BBQ Chicken Sandwich
on a Whole Grain Bun
or
Breakfast Bar
Featured Veggies:
Tater Tots
Broccoli
Choice of Fruit
Choice of Milk

18
Non-Attendance Day

25
Sautéed Pierogies w/
Peppers/Onions & a Dinner Roll
or
Taco Bar
Featured Veggies:
Peas
Green Beans
Choice of Fruit
Choice of Milk

Tuesday

5
Bacon Cheeseburger on a
Grain Bun
or
Hot Dog Bar
Featured Veggies:
Potato Wedges
Caesar Salad
Choice of Fruit
Choice of Milk

12
Chicken & Cheese
Quesadilla
or
Breakfast Bar
Featured Veggies:
Peas & Carrots
Cucumber Salad
Choice of Fruit
Choice of Milk

19
Chicken Fajita Salad w/
Tortilla Chips & a Dinner Roll
or
Pasta Bar
Featured Veggies:
Crinkle Cut Fries
Corn
Choice of Fruit
Choice of Milk

26
Little Mac Burger
or
Taco Bar
Featured Veggies:
Potato Wedges
Corn
Choice of Fruit
Choice of Milk

Wednesday

6
Macaroni & Cheese w/ a
Whole Grain Bun
or
Hot Dog Bar
Featured Veggies:
Peas
Romaine Salad
Choice of Fruit
Choice of Milk

13
Cheese Dog on a
Whole Grain Bun
or
Breakfast Bar
Featured Veggies:
Corn on the Cob
Peas
Choice of Fruit
Choice of Milk

20
Cheeseburger on a
Whole Grain Bun
or
Pasta Bar
Featured Veggies:
Peas
Green Beans
Choice of Fruit
Choice of Milk

27
Stromboli
or
Taco Bar
Featured Veggies:
Steamed Broccoli
Cooked Carrots
Choice of Fruit
Choice of Milk

Thursday

7
Salisbury Steak w/ a
Whole Grain Dinner Roll
or
Hot Dog Bar
Featured Veggies:
Mashed Potatoes w/ Gravy
Broccoli
Choice of Fruit
Choice of Milk

14
Walking Taco w/ a
Whole Grain Cookie
or
Breakfast Bar
Featured Veggies:
Baked Potato
Italian Salad
Choice of Fruit
Choice of Milk

21
Spicy Chicken Bacon Ranch
Sandwich
or
Pasta Bar
Featured Veggies:
Popcorn Cauliflower
Broccoli
Choice of Fruit
Choice of Milk

28
Chicken Mashed Potato Bowl
w/ a Corn Muffin
or
Taco Bar
Featured Veggies:
Mashed Potatoes & Corn
Peas & Carrots
Choice of Fruit
Choice of Milk

Friday

8
Homemade Grilled Cheese
Sandwich
or
Hot Dog Bar
Featured Veggies:
Tomato Soup
Peas & Carrots
Choice of Fruit
Choice of Milk

15
Fish Sandwich on a
Whole Grain Bun
or
Breakfast Bar
Featured Veggies:
Cooked Carrots
Coleslaw
Choice of Fruit
Choice of Milk

22
Cheese Ravioli w/
Cheese Garlic Bread
or
Pasta Bar
Featured Veggies:
Potatoes O'Brien
Green Beans
Choice of Fruit
Choice of Milk

29
Non-Attendance Day

MEATLESS MONDAY

MEATLESS MONDAY