

Mar-19



SCHOOL DISTRICT of The CITY of ERIE

ELEMENTARY LUNCH MENU

What is a Meal?
You must choose at least 3 of the 5 components available for the school lunch.

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 and fat-free chocolate
USDA is an equal opportunity provider & employer.

Weekly Vegetable Subgroups May Include:
Dark green - spinach, broccoli, romaine and spring salad
Red/Orange - carrots, sweet potatoes, tomatoes, red peppers
Legumes - Beans & chick peas
Starchy - white potatoes, corn, and lima beans
Other Vegetables - celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage

Daily Fruit Selection May Include:
oranges, apples, bananas, fruit juice, pears, peaches, strawberries, applesauce, pineapple and mandarin oranges

***Free breakfast & lunch available to all students when school is in session.**
*** All grains offered are whole grain.**
Daily entree options may include:
Vegetarian Garden Salad w/ Muffin
Chef Salad w/ Muffin
Smucker's Uncrustable PB&J
String Cheese & Yogurt Combo w/ Muffin
Craveable of the Week
Options also include: Milk, Fruit & Vegetable

Jenny Johns - Food Service Director
Jean Ager - Registered Dietitian
Rich Stafford - Chef Manager
Shawn Leh - Chef Manager
Phone: 814-874-6885 Fax: 814-874-6889
Early Dismissal - March 19th

Monday	Tuesday	Wednesday	Thursday	Friday
 Pork Item	 We need you! Interested in working in the café while your child's in school? Call the Culinary Center at 814-874-6885 for more details!			1 Green Eggs and Ham  Dr. Seuss Day!! Featured Veggies: Tater Triangle Choice of Fruit Choice of Milk
4 Broccoli Cheese Rice Casserole w/ Scooby Snacks Featured Veggies: Celery Sticks Choice of Fruit Choice of Milk	5 Cheeseburger on a Whole Grain Bun Craveable: Nacho Featured Veggies: Cooked Carrots Choice of Fruit Choice of Milk	6 Macaroni & Cheese Featured Veggies: Broccoli Choice of Fruit Choice of Milk	7 French Bread Pizza Domino's Pizza: Discovery, Connell, Jefferson, McKinley Craveable: Nacho Featured Veggies: Romaine Salad Choice of Fruit Choice of Milk	8 Fish Stick Shapes w/ a Whole Grain Cookie Featured Veggies: French Fries Choice of Fruit Choice of Milk
11 Chicken Fajita Salad w/ Tortilla Chips & Lettuce/Cheese Topping Featured Veggies: Broccoli Choice of Fruit Choice of Milk	12 Chicken Nuggets w/a Whole Grain Dinner Roll Craveable: Italian Featured Veggies: Peas Choice of Fruit Choice of Milk	13 Hot Dog on a Whole Grain Bun  Featured Veggies: Local Roasted Potatoes Choice of Fruit Choice of Milk	14 Walking Taco w/ a Whole Grain Cookie Craveable: Italian Featured Veggies: Green Beans Choice of Fruit Choice of Milk	15 Cheese Ravioli w/ Sauce Whole Grain Garlic Stick Featured Veggies: Romaine Salad Choice of Fruit Choice of Milk
18 Non-Attendance Day	19 BBQ Chicken Breast on a Whole Grain Bun Featured Veggies: Potatoes O'Brien w/ Peppers/onions Choice of Fruit Choice of Milk	20 Chicken Patty on a Whole Grain Bun Featured Veggies: Broccoli w/ Cheese Sauce Choice of Fruit Choice of Milk	21 French Bread Pizza Domino's Pizza: Edison, Diehl, Cleveland, Perry, DiPaolo Craveable: Turkey/Cheese Featured Veggies: Cooked Carrots Choice of Fruit Choice of Milk	22 Pretzel Rods w/ Cheese Dipping Sauce Featured Veggies: Green Beans Choice of Fruit Choice of Milk
25 Pancakes w/ Syrup Pork Sausage Links  Featured Veggies: Potato Triangle Choice of Fruit Choice of Milk	26 Soft Tacos Craveable: Ham/Cheese Featured Veggies: Peas Choice of Fruit Choice of Milk	27 Boneless Chicken Wings w/ a Whole Grain Dinner Roll Featured Veggies: Green Beans Choice of Fruit Choice of Milk	28 Chicken Mashed Potato Bowl w/a Whole Grain Roll Craveable: Ham/Cheese Featured Veggies: Mashed Potatoes & Corn Choice of Fruit Choice of Milk	29 Non-Attendance Day

