

Mar-20



SCHOOL DISTRICT of The CITY of ERIE

IMPERIAL 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/Heartzel Pretzels  
 Chef Salad w/Heartzel Pretzels  
 Smucker's Uncrustable PB&J  
 String Cheese & Yogurt Combo w/Heartzel Pretzels  
 Craveable of the Week  
 Options also include: Milk, Fruit & Vegetable

**Jenny Johns - Food Service Director**  
**Jean Viglione - Registered Dietitian**  
**Shawn Leh - Chef Manager**  
**Jess Kremer - Chef Manager**  
**Phone: 814-874-6885 Fax: 814-874-6889**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Green Eggs &amp; Ham Whole Grain Dinner Roll</p>  <p><b>Featured Veggies:</b> Tater Triangle Choice of Fruit Choice of Milk</p>	<p>3 Chicken Nuggets w/a Whole Grain Dinner Roll</p> <p><b>Featured Veggies:</b> Potato Wedges Choice of Fruit Choice of Milk</p>	<p>4 Ham &amp; Cheese Hoagie on a Whole Grain Roll</p>  <p><b>Featured Veggies:</b> Green Pepper Strips Choice of Fruit Choice of Milk</p>	<p>5 Waffles w/ a Chicken Leg</p> <p><b>Featured Veggies:</b> Broccoli Choice of Fruit Choice of Milk</p>	<p>6 Stuffed Shells w/ a Whole Grain Garlic Stick</p> <p><b>Featured Veggies:</b> Green Beans Choice of Fruit Choice of Milk</p>
<p>9 Italian Meatball &amp; Cheese Hoagie</p> <p><b>Featured Veggies:</b> Cucumbers Choice of Fruit Choice of Milk</p>	<p>10 Chicken Fajita over Rice</p> <p><b>Craveable: Hummus</b>  <b>Featured Veggies:</b> Corn Choice of Fruit Choice of Milk</p>	<p>11 Non-Attendance Day</p>	<p>12 Orange Chicken over Rice</p> <p>Domino's Pizza: RB Wiley, Lincoln, Harding, PB</p> <p><b>Featured Veggies:</b> Broccoli Choice of Fruit Choice of Milk</p>	<p>13 Italian Dunkers w/ Pizza Dipping Sauce</p> <p><b>Featured Veggies:</b> Kale Salad Choice of Fruit Choice of Milk</p>
<p>16 Lasagna Roll Up w/ Sauce Whole Grain Garlic Stick</p> <p><b>Featured Veggies:</b> Green Pepper Strips Choice of Fruit Choice of Milk</p>	<p>17 Create Your Own Pizza</p>  <p><b>Featured Veggies:</b> Veggie Slaw Choice of Fruit Choice of Milk</p>	<p>18 Pulled Pork Sandwich on a Whole Grain Bun</p>  <p><b>Featured Veggies:</b> Broccoli w/ Cheddar Choice of Fruit Choice of Milk</p>	<p>19 Chicken Mashed Potato Bowl w/ Scooby Snacks</p> <p><b>Featured Veggies:</b> Mashed Potatoes w/ Corn Choice of Fruit Choice of Milk</p>	<p>20 Non-Attendance Day</p>
<p>23 Egg &amp; Cheese Breakfast Sandwich on a Bagel</p> <p><b>Featured Veggies:</b> Potato Triangle Choice of Fruit Choice of Milk</p>	<p>24 Taco Pizza</p> <p><b>Craveable: Italian</b>  <b>Featured Veggies:</b> Corn Choice of Fruit Choice of Milk</p>	<p>25 Chicken Tenders w/ a Whole Grain Dinner Roll</p> <p><b>Featured Veggies:</b> Roasted Potatoes Choice of Fruit Choice of Milk</p>	<p>26 Cheeseburger on a Whole Grain Bun</p> <p>Domino's Pizza: Connell, Jefferson, McKinley</p> <p><b>Craveable: Italian</b>  <b>Featured Veggies:</b> Cucumbers Choice of Fruit Choice of Milk</p>	<p>27 Fish Stick Shapes w/a Whole Grain Cookie</p> <p><b>Featured Veggies:</b> Cauliflower w/ Cheddar Choice of Fruit Choice of Milk</p>
<p>30 Cheese Ravioli w/ Sauce Whole Grain Garlic Stick</p> <p><b>Featured Veggies:</b> Broccoli Choice of Fruit Choice of Milk</p>	<p>31 Beef Walking Taco w/a Whole Grain Cookie</p> <p><b>Featured Veggies:</b> Red Pepper Strips Choice of Fruit Choice of Milk</p>			 <p>We need you! Interested in working in the café while your child is in school? Call the Culinary Center at 874-6885 for more details.</p>

