

May-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

Monday	Tuesday	Wednesday	Thursday	Friday
 We need you! Interested in working in the café while your child's in school? Call the Culinary Center at 874-6885 for more details!	 Pork Item	1 Italian Meatball & Cheese on a Hoagie Roll Featured Veggies: Cauliflower w/ Cheese Sauce Choice of Fruit Choice of Milk	2 Mini Pizza Craveable: Nacho Featured Veggies: Romaine Salad Choice of Fruit Choice of Milk	3 Fish Stick Shapes w/ a Whole Grain Cookie Featured Veggies: French Fries Choice of Fruit Choice of Milk
6 Cheese Ravioli w/ Sauce Garlic Bread Stick Featured Veggies: Romaine Salad Choice of Fruit Choice of Milk	7 Chicken Nuggets w/ a Whole Grain Dinner Roll Craveable: Italian Featured Veggies: Mashed Potatoes w/ Gravy Choice of Fruit Choice of Milk	8 Hot Dog on a Whole Grain Hot Dog Bun  Featured Veggies: Baked Beans Choice of Fruit Choice of Milk	9 Walking Taco w/ a Whole Grain Cookie Craveable: Italian Featured Veggies: Corn Choice of Fruit Choice of Milk	10 Pancakes w/ Syrup Pork Sausage Links  Featured Veggies: Potato Triangle Choice of Fruit Choice of Milk
13 Cheeseburger on a Whole Grain Bun Featured Veggies: French Fries Choice of Fruit Choice of Milk	14 Turkey & Cheese on a Whole Grain Bun Craveable: Super Fruit Featured Veggies: Cauliflower Choice of Fruit Choice of Milk	15 Chicken Patty on a Whole Grain Bun Featured Veggies: Broccoli Choice of Fruit Choice of Milk	16 Mini Pizza Domino's Pizza: Edison, Diehl, Cleveland, Perry Craveable: Super Fruit Featured Veggies: Cucumber Slices Choice of Fruit Choice of Milk	17 Macaroni & Cheese Featured Veggies: Red Pepper Strips Choice of Fruit Choice of Milk
20 Nachos Grande Featured Veggies: Corn Choice of Fruit Choice of Milk	21 Non-Attendance Day	22 Deli Hoagie Sub on a Whole Grain Hoagie Roll  Featured Veggies: Potato Wedges Choice of Fruit Choice of Milk	23 Chicken Mashed Potato Bowl w/a Whole Grain Roll Craveable: Ham/Cheese Featured Veggies: Mashed Potatoes w/ Corn Choice of Fruit Choice of Milk	24 Create Your Own Pizza  Featured Veggies: Romaine Salad Choice of Fruit Choice of Milk
27 Memorial Day District Holiday	28 Cheeseburger on a Whole Grain Bun Featured Veggies: French Fries Choice of Fruit Choice of Milk	29 Walking Taco w/a Whole Grain Cookie Featured Veggies: Green Beans Choice of Fruit Choice of Milk	30 Chicken Tenders w/ a Whole Grain Dinner Roll Domino's Pizza: Lincoln, Harding, P.B. Craveable: Pizza Featured Veggies: Broccoli Choice of Fruit Choice of Milk	31 Waffles w/ Syrup & Pork Sausage Links  Featured Veggies: Potato Triangle Choice of Fruit Choice of Milk

