

Nov-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/ Hartzel Pretzels

Smucker's Uncrustable PB&J  
String Cheese & Yogurt Combo w/ Hartzel Pretzels

Options also include: Milk, Fruit & Vegetable

Jenny Johns - Food Service Director

Jean Viglione- Registered Dietitian

Jess Kremer - Chef Manager

Shawn Leh - Chef Manager

Phone: 814-874-6885 Fax: 814-874-6889

## Monday

2

Meatball & Cheese  
Hoagie on a Bun

### Featured Veggies:

Broccoli  
Choice of Fruit  
Choice of Milk

## Tuesday

3

Non-Attendance Day

## Wednesday

4

Chicken Tenders w/a  
Whole Grain Dinner Roll

### Featured Veggies:

Roasted Potatoes  
Choice of Fruit  
Choice of Milk

## Thursday

5

Cheeseburger on a  
Whole Grain Bun

### Featured Veggies:

Cucumbers  
Choice of Fruit  
Choice of Milk

## Friday

6

Non-Attendance Day

9

Turkey & Cheese Sub,  
PB&J Uncrustable or  
rougt & Cneesestuck  
Combo

### Feataured Veggies:

Cherry Tomatoes  
Choice of Fruit  
Choice of Milk

10

Ham & Cheese Sub,  
PB&J Uncrustable or  
rougt & Cneesestuck  
Combo

### Featured Veggies:

Red Pepper Strips  
Choice of Fruit  
Choice of Milk

11

Combo Sub,  
PB&J Uncrustable or  
rougt & Cneesestuck  
Combo

### Featured Veggies:

Green Pepper Strips  
Choice of Fruit  
Choice of Milk

12

Turkey & Cheese Sub,  
PB&J Uncrustable or  
rougt & Cneesestuck  
Combo

### Featured Veggies:

Celery Sticks  
Choice of Fruit  
Choice of Milk

13

Ham & Cheese Sub,  
PB&J Uncrustable or  
rougt & Cneesestuck  
Combo

### Featured Veggies:

Carrot Sticks  
Choice of Fruit  
Choice of Milk

16

Turkey & Cheese Sub,  
PB&J Uncrustable or  
rougt & Cneesestuck  
Combo

### Featured Veggies:

Cherry Tomatoes  
Choice of Fruit  
Choice of Milk

17

Ham & Cheese Sub,  
PB&J Uncrustable or  
rougt & Cneesestuck  
Combo

### Featured Veggies:

Red Pepper Strips  
Choice of Fruit  
Choice of Milk

18

Combo Sub,  
PB&J Uncrustable or  
rougt & Cneesestuck  
Combo

### Featured Veggies:

Green Pepper Strips  
Choice of Fruit  
Choice of Milk

19

Turkey & Cheese Sub,  
PB&J Uncrustable or  
rougt & Cneesestuck  
Combo

### Featured Veggies:

Celery Sticks  
Choice of Fruit  
Choice of Milk

20

Ham & Cheese Sub,  
PB&J Uncrustable or  
rougt & Cneesestuck  
Combo

### Featured Veggies:

Carrot Sticks  
Choice of Fruit  
Choice of Milk

23

Non-Attendance Day

24

Non-Attendance Day

25

Non-Attendance Day

26

Thanksgiving

27

District Holiday

30

District Holiday



We need you! Interested  
in working in the caf e  
while your child is in school?  
Call the Culinary Center at  
874-6885 for more details.

