

**NOVEMBER  
2020**



**School District of the City of Erie  
Noble 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 Fresh Dough Pizza  
Chicken Patty on a Bun, Boneless Chicken Wings  
Smucker's Uncrustable Peanut Butter & Jelly Sandwich  
Assorted Deli Subs and Sandwiches

Menu is subject to change.



Jennifer Johns - Food Service Director

Shawn Leh - Chef Manager

Jean Viglione - Registered Dietitian

Jess Kremer - Chef Manager

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

USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b> French Bread Pizza</p> <p><b>Featured Veggies:</b> Green Pepper Strips Broccoli Choice of Fruit Choice of Milk</p>	<p><b>3</b> Non-Attendance Day</p>	<p><b>4</b> Chicken Tenders w/a Whole Grain Dinner Roll</p> <p><b>Featured Veggies:</b> Carrot Sticks Celery Sticks Choice of Fruit Choice of Milk</p>	<p><b>5</b> Bacon Cheeseburger on a Whole Grain Bun</p> <p><b>Featured Veggies:</b> Celery Sticks Green Pepper Strips Choice of Fruit Choice of Milk</p>	<p><b>6</b> Meatball and Cheese Hoagie</p> <p><b>Featured Veggies:</b> Coleslaw Choice of Fruit Choice of Milk</p>
<p><b>9</b> Cheeseburger on a Whole Grain Bun</p> <p><b>Featured Veggies:</b> Roasted Zucchini Garlic Parmesan Broccoli Choice of Fruit Choice of Milk</p>	<p><b>10</b> Chicken &amp; Cheese Quesadilla</p> <p><b>Featured Veggies:</b> Red Pepper Strips Choice of Fruit Choice of Milk</p>	<p><b>11</b> Taco Salad Tortilla Bowl</p> <p><b>Featured Veggies:</b> Apple &amp; Celery Side Salad Choice of Fruit Choice of Milk</p>	<p><b>12</b> Chicken Bacon Ranch Sub</p> <p><b>Featured Veggies:</b> Baked Beans Green Beans Choice of Fruit Choice of Milk</p>	<p><b>13</b> Sweet &amp; Sour Chicken over Rice</p> <p><b>Featured Veggies:</b> Stir Fry Veggies Cauliflower Fried Rice Choice of Fruit Choice of Milk</p>
<p><b>16</b> Hot Ham &amp; Cheese on a Pretzel Bun</p> <p><b>Featured Veggies:</b> Peas Choice of Fruit Choice of Milk</p>	<p><b>17</b> Banh Mi Sandwich on a Whole Grain Bun</p> <p><b>Featured Veggies:</b> Crinkle Cut Fries Choice of Fruit Choice of Milk</p>	<p><b>18</b> Sliced Turkey w/ Gravy &amp; a Dinner Roll, Stuffing</p> <p><b>Featured Veggies:</b> Mashed Potatoes &amp; Gravy Corn Choice of Fruit Choice of Milk</p>	<p><b>19</b> Chicken Bacon Ranch Sandwich</p> <p><b>Featured Veggies:</b> Popcorn Cauliflower Apple Cider Slaw Choice of Fruit Choice of Milk</p>	<p><b>20</b> Grilled BBQ Chicken &amp; Ranch Sandwich</p> <p><b>Featured Veggies:</b> Broccoli Grape Tomatoes Choice of Fruit Choice of Milk</p>
<p><b>23</b> Non-Attendance Day</p>	<p><b>24</b> Non-Attendance Day</p>	<p><b>25</b> Non-Attendance Day</p>	<p><b>26</b> Thanksgiving</p>	<p><b>27</b> District Holiday</p>
<p><b>30</b> District Holiday</p>				