

March  
2019



School District of the City of Erie  
Strong Vincent 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:

Cheese or Pepperoni Pizza  
Chicken Patty on a Bun  
Smucker's Uncrustible Peanut Butter & Jelly Sandwich

Menu is subject to change.

Early Dismissal - March 19th



Jennifer Johns - Food Service Director

Shawn Leh - Chef Manager

Jean Ager - Registered Dietitian

Rich Stafford - Chef Manager

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

USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Chicken Enchilada or Boneless Wing Bar  <b>Featured Veggies:</b> Fiesta Corn Refried Beans Choice of Fruit Choice of Milk
4 Broccoli Cheese Rice Cheesy Bread Stick & a Cookie or Hot Dog Bar  <b>Featured Veggies:</b> Tater Triangle Cucumber Slices Choice of Fruit Choice of Milk	5 Bacon Cheeseburger on a Whole Grain Bun or Hot Dog Bar  <b>Featured Veggies:</b> Potato Wedges Caesar Salad Choice of Fruit Choice of Milk	6 Macaroni & Cheese w/a Whole Grain Dinner Roll or Hot Dog Bar  <b>Featured Veggies:</b> Peas Romaine Salad Choice of Fruit Choice of Milk	7 Salisbury Steak w/ a Whole Grain Dinner Roll or Hot Dog Bar  <b>Featured Veggies:</b> Mashed Potatoes w/ Gravy Broccoli Choice of Fruit Choice of Milk	8 Homemade Grilled Cheese Sandwich or Hot Dog Bar  <b>Featured Veggies:</b> Tomato Soup Peas & Carrots Choice of Fruit Choice of Milk
11 BBQ Chicken Sandwich on a Whole Grain Bun or Breakfast Bar  <b>Featured Veggies:</b> Tater Tots Broccoli Choice of Fruit Choice of Milk	12 Chicken Nuggets w/ a Whole Grain Roll or Breakfast Bar  <b>Featured Veggies:</b> Peas & Carrots Cucumber Salad Choice of Fruit Choice of Milk	13 Cheese Dog on a Whole Grain Bun or Breakfast Bar  <b>Featured Veggies:</b> Corn on the Cob Peas Choice of Fruit Choice of Milk	14 Walking Taco w/ a Whole Grain Cookie or Breakfast Bar  <b>Featured Veggies:</b> Baked Potato Italian Salad Choice of Fruit Choice of Milk	15 Fish Sandwich on a Whole Grain Bun or Breakfast Bar  <b>Featured Veggies:</b> Cooked Carrots Coleslaw Choice of Fruit Choice of Milk
18 Non-Attendance Day	19 Chicken Fajita Salad w/ Tortilla Chips, Dinner Roll or Pasta Bar  <b>Featured Veggies:</b> Crinkle Cut Fries Corn Choice of Fruit Choice of Milk	20 Cheeseburger on a Whole Grain Bun or Pasta Bar  <b>Featured Veggies:</b> Peas Green Beans Choice of Fruit Choice of Milk	21 Spicy Chicken Bacon Ranch Sandwich or Pasta Bar  <b>Featured Veggies:</b> Popcorn Cauliflower Broccoli Choice of Fruit Choice of Milk	22 Cheese Ravioli w/ Whole Grain Garlic Stick or Pasta Bar  <b>Featured Veggies:</b> Potatoes O'Brien Green Beans Choice of Fruit Choice of Milk
25 Sautéed Pierogies w/ Peppers/Onions & a Dinner Roll or Taco Bar  <b>Featured Veggies:</b> Peas Green Beans Choice of Fruit Choice of Milk	26 Little Mac Burger or Taco Bar  <b>Featured Veggies:</b> Potato Wedges Corn Choice of Fruit Choice of Milk	27 Stromboli or Taco Bar  <b>Featured Veggies:</b> Steamed Broccoli Cooked Carrots Choice of Fruit Choice of Milk	28 Chicken Mashed Potato Bowl w/ a Corn Muffin or Taco Bar  <b>Featured Veggies:</b> Mashed Potatoes & Corn Peas & Carrots Choice of Fruit Choice of Milk	29 Non-Attendance Day

