

**MAY
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 - May 7th



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

1
BBQ Chicken Breast Sandwich on a Whole Grain Bun or Hot Dog Bar

Featured Veggies:
Peas
Romaine Salad
Choice of Fruit
Choice of Milk

6
Cheese Ravioli w/ Sauce Whole Grain Garlic Stick or Breakfast Bar

Featured Veggies:
Green Beans
Broccoli
Choice of Fruit
Choice of Milk

13
Cheeseburger on a Whole Grain Bun or Taco Bar

Featured Veggies:
French Fries
Roasted Brussel Sprouts
Choice of Fruit
Choice of Milk

20
Garlic French Bread Pizza w/ Pizza Dipping Sauce or Hot Dog Bar

Featured Veggies:
Green Pepper Strips
Green Beans
Choice of Fruit
Choice of Milk

27
Memorial Day Non-Attendance Day

Tuesday

2
Salisbury Steak w/a Whole Grain Dinner Roll or Hot Dog Bar

Featured Veggies:
Mashed Potatoes w/ Gravy
Corn
Choice of Fruit
Choice of Milk

7
Chicken Nuggets w/ a Whole Grain Dinner Roll or Breakfast Bar

Featured Veggies:
Red Pepper Strips
Peas
Choice of Fruit
Choice of Milk

14
Chicken Tenders w/ a Whole Grain Dinner Roll or Taco Bar

Featured Veggies:
Green Beans
Corn
Choice of Fruit
Choice of Milk

21
Non-Attendance Day

28
Lasagna Roll Up w/ a Whole Grain Garlic Stick or Hamburger Bar

Featured Veggies:
Green Beans
Cucumber Slices
Choice of Fruit
Choice of Milk

Wednesday

1
BBQ Chicken Breast Sandwich on a Whole Grain Bun or Hot Dog Bar

Featured Veggies:
Peas
Romaine Salad
Choice of Fruit
Choice of Milk

8
Cheese Dog on a Whole Grain Bun or Breakfast Bar

Featured Veggies:
Crinkle Cut Fries
Corn on the Cob
Choice of Fruit
Choice of Milk

15
Sliced Turkey w/ Gravy & a Dinner Roll, Stuffing or Taco Bar

Featured Veggies:
Mashed Potatoes w/ Gravy
Peas
Choice of Fruit
Choice of Milk

22
Stromboli or Hot Dog Bar

Featured Veggies:
Steamed Broccoli
Cooked Carrots
Choice of Fruit
Choice of Milk

29
Chicken Alfredo w/a Whole Grain Dinner Roll or Hamburger Bar

Featured Veggies:
Broccoli
Peas
Choice of Fruit
Choice of Milk

Thursday

2
Salisbury Steak w/a Whole Grain Dinner Roll or Hot Dog Bar

Featured Veggies:
Mashed Potatoes w/ Gravy
Corn
Choice of Fruit
Choice of Milk

9
Walking Taco w/ a Whole Grain Cookie or Breakfast Bar

Featured Veggies:
Corn
Italian Salad
Choice of Fruit
Choice of Milk

16
Spicy Chicken Patty on a Whole Grain Bun or Taco Bar

Featured Veggies:
Popcorn Cauliflower
Tomato Wedges
Choice of Fruit
Choice of Milk

23
Chicken Mashed Potato Bowl w/ a Corn Muffin or Hot Dog Bar

Featured Veggies:
Mashed Potatoes & Gravy
Tomato Wedges
Choice of Fruit
Choice of Milk

30
Beef Soft Taco or Hamburger Bar

Featured Veggies:
Corn
Refried Beans
Choice of Fruit
Choice of Milk

Friday

3
Chicken Enchilada or Hot Dog Bar

Featured Veggies:
Fiesta Corn
Refried Beans
Choice of Fruit
Choice of Milk

10
Fish Sandwich on a Whole Grain Bun or Breakfast Bar

Featured Veggies:
Coleslaw
Roasted Zucchini
Choice of Fruit
Choice of Milk

17
Macaroni & Cheese w/ a Whole Grain Dinner Roll or Taco Bar

Featured Veggies:
Cucumber Slices
Broccoli
Choice of Fruit
Choice of Milk

24
Home Made Grilled Cheese Sandwich or Hot Dog Bar

Featured Veggies:
Tomato Soup
Peas & Carrots
Choice of Fruit
Choice of Milk

31
Waffles w/Syrup & Pork Sausage Links or Hamburger Bar

Featured Veggies:
Potato Triangle
Red Pepper Strips
Choice of Fruit
Choice of Milk

