

March  
2019



School District of the City of Erie  
Wilson 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  
Chef Salad w/ a Muffin  
Vegetarian or Garden Salad w/ a Muffin  
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

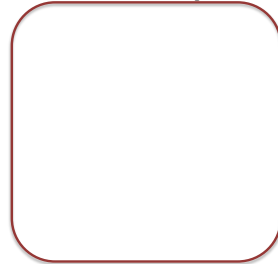
Jean Ager - Registered Dietitian

Rich Stafford - Chef Manager

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

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**Monday**



4

Broccoli Cheese Rice  
Cheesy Bread Stick & a Cookie

**Featured Veggies:**  
Tater Triangle  
Cucumber Slices  
Choice of Fruit  
Choice of Milk

11

Pancakes w/ Syrup  
Pork Sausage Links

**Featured Veggies:**  
Tater Tots  
Broccoli  
Choice of Fruit  
Choice of Milk

18

Non-Attendance Day



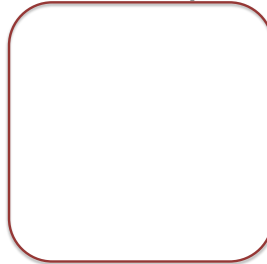
25

Pretzel Rods w/  
Cheese Dipping Sauce



**Featured Veggies:**  
Peas  
Green Beans  
Choice of Fruit  
Choice of Milk

**Tuesday**



5

Bacon Cheeseburger on a  
Whole Grain Bun

**Featured Veggies:**  
Potato Wedges  
Caesar Salad  
Choice of Fruit  
Choice of Milk

12

Chicken Nuggets w/ a  
Whole Grain Dinner Roll

**Featured Veggies:**  
Peas & Carrots  
Cucumber Salad  
Choice of Fruit  
Choice of Milk

19

Chicken Fajita Salad w/  
Tortilla Chips & a Dinner Roll

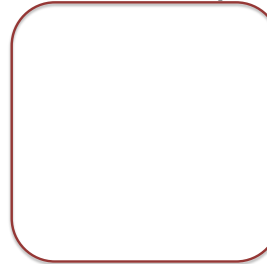
**Featured Veggies:**  
Crinkle Cut Fries  
Corn  
Choice of Fruit  
Choice of Milk

26

Beef Tacos w/ Hard Shells  
Whole Grain Dinner Roll

**Featured Veggies:**  
Potato Wedges  
Corn  
Choice of Fruit  
Choice of Milk

**Wednesday**



6

Macaroni & Cheese w/a  
Whole Grain Dinner Roll

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

13

Cheese Dog on a  
Whole Grain Bun

**Featured Veggies:**  
Corn on the Cob  
Peas  
Choice of Fruit  
Choice of Milk

20

Cheeseburger on a  
Whole Grain Bun

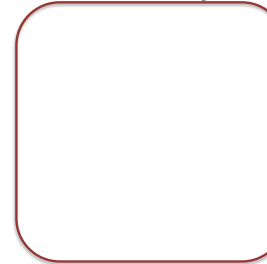
**Featured Veggies:**  
Peas  
Green Beans  
Choice of Fruit  
Choice of Milk

27

Stromboli

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

**Thursday**



7

Salisbury Steak w/a  
Whole Grain Dinner Roll

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

14

Walking Taco w/a  
Whole Grain Cookie

**Featured Veggies:**  
Baked Potato  
Italian Salad  
Choice of Fruit  
Choice of Milk

21

Garlic French Bread Pizza  
w/ Pizza Dipping Sauce

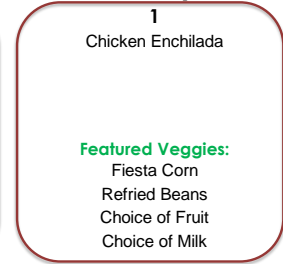
**Featured Veggies:**  
Popcorn Cauliflower  
Tomato Wedges  
Choice of Fruit  
Choice of Milk

28

Chicken Mashed Potato Bowl  
w/ a Corn Muffin

**Featured Veggies:**  
Mashed Potatoes & Corn  
Peas & Carrots  
Choice of Fruit  
Choice of Milk

**Friday**



1

Chicken Enchilada

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

8

Homemade Grilled Cheese  
Sandwich

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

15

Cheese Ravioli w/ a  
Whole Grain Garlic Stick

**Featured Veggies:**  
Cooked Carrots  
Coleslaw  
Choice of Fruit  
Choice of Milk

22

Italian Dunkers w/  
Pizza Dipping Sauce

**Featured Veggies:**  
Potatoes O'Brien  
Green Beans  
Choice of Fruit  
Choice of Milk

29

Non-Attendance Day