# ERIE'S PUBLIC SCHOOL LUNCH MENU <br> DiPaolo April 2024 

## Metz

\begin{tabular}{|c|c|c|c|c|c|}
\hline \begin{tabular}{l}
What is a Meal? \\
You must choose at least 3 of the 5 components available for the school lunch price \\
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, and fat-free chocolate \\
USDA is an equal opportunity provider \&
\end{tabular} \&  \& \begin{tabular}{l}
Tuesday 2 \\
Soft Shell Beef Tacos \\
Featured Veggies: Tomatoes \\
Choice of Fruit Choice of Milk
\end{tabular} \& \begin{tabular}{l}
Wednesday \\
3 \\
Chicken Patty on a Whole Grain Bun \\
Featured Veggies: Cooked Carrots Choice of Fruit
\end{tabular} \& \begin{tabular}{l}
Thursday 4 \\
Chicken \& Gravy w/ Cheez-It's \\
Featured Veggies: Mashed Potatoes \& Gravy Choice of Fruit
\end{tabular} \& Friday
5
Hot Dog on Whole Grain
Bun
Featured Veggies:
Fresh Broccoli
Choice of Fruit \\
\hline \begin{tabular}{l}
Weekly Vegetable Subgroups May Include: Dark green - spinach, broccoli, romaine \& spring salad \\
Red/Orange - carrots, sweet potatoes, tomatoes, red peppers Beans/Peas - Chick peas
tarchy -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, pears, peaches
strawberries, applesauce, pineapple, \(100 \%\) fruit juices \& mandarin oranges
\end{tabular} \& 8
Non-Attendance Day \& \begin{tabular}{|c|}
\hline 9 \\
BBQ Boneless Chicken \\
Wings \\
Whole Grain Soft Pretzel \\
\\
Featured Veggies: \\
Celery \& Carrot Stick Cup \\
Choice of Fruit \\
Choice of Milk
\end{tabular} \&  \& \begin{tabular}{l}
Featured Veggies: Cucumbers \\
Choice of Fruit Choice of Milk
\end{tabular} \& 12
\(\begin{aligned} \& \text { Superfruit Craveable } \\ \& \text { w/ Goldfish Crackers }\end{aligned}\)

$\begin{aligned} & \text { Featured Veggies: } \\ & \text { Tomatoes }\end{aligned}$
Choice of Fruit
Choice of Mik <br>

\hline | *Free breakfast \& lunch available to all students when school is in session. *All grains offered are whole grain. |
| :--- |
| Daily entree options may include: Smucker's Uncrustable PB\& Cheese or Cheese/Pepp. Pizza Chicken Patty on a Whole Grain Bun | \& | 15 |
| :--- |
| Chicken Nuggets Whole Grain Soft Pretzel |
| Featured Veggies: Cucumbers |
| Choice of Fruit Choice of Milk | \& | 16 |
| :---: |
| $\begin{array}{c}\text { Beef Walking Taco } \\ \text { W/ Tostion Scoops }\end{array}$ |
| $\begin{array}{l}\text { Featured Veggies: } \\ \text { Red Pepper Strips }\end{array}$ |
| Choice of Fruit |
| Choice of Milk | \& | 17 |
| :--- |
| $\begin{array}{c}\text { Pancake Chicken Sausage } \\ \text { Bites w/a Chocolate Chip } \\ \text { Mini Loaf } \\ \\ \text { Featured Veggies: } \\ \text { Tater Triangle } \\ \text { Choice of Fruit } \\ \text { Choice of Mik }\end{array}$ | \& | 18 |
| :--- |
| Chicken Pizza Craveable w/Sliced Apples |
| Featured Veggies: Garbanzo Beans |
| Choice of Fruit Choice of Milk | \& | 19 |
| :---: |
| Fish Sticks |
| w/ Belly Bears |
|  |
| Featured Veggies: |
| Fresh Broccoli |
| Choice of Fruit |
| Choice of Mik | <br>


\hline | Options also include: milk, fruit, \& vegetable |
| :--- |
| Jenny Johns - General Manager Jean Viglione - Registered Dietitian Jess Kremer - Chef Manager Shawn Leh - Chef Manager Phone: 814-874-6885 Fax: 814-874-6889 | \&  \& | $23$ |
| :--- |
| Non-Attendance Day | \&  \& | 25 BBQ Chicken Nachos w/ Tostito Scoops |
| :--- |
| Featured Veggies: Side Salad |
| Choice of Fruit Choice of Milk | \& | Featured Veggies: Tater Triangle |
| :--- |
| Choice of Fruit Choice of Milk | <br>


\hline Menu subject to change based on availability. \&  \& | 30 |
| :---: |
| $\begin{array}{c}\text { Chicken Walking Taco } \\ \text { w/ Nacho Cheese Doritos }\end{array}$ |
|  |
| Featured Veggies: |
| Tomatoes | \& ) \& ( \& <br>

\hline
\end{tabular}

