## **ERIE'S PUBLIC SCHOOL LUNCH MENU**

## **DiPaolo April 2024**



What is a Meal?
You must choose at least 3 of the 5 components available for the school

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 &

Weekly Vegetable Subgroups May Include: Dark green - spinach, broccoli, romaine &

spring salad

Red/Orange - carrots, sweet potatoes, tomatoes, red peppers Beans/Peas - Chick peas Starchy - white potatoes, corn,

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

\*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&J Cheese or Cheese/Pepp. Pizza Chicken Patty on a Whole Grain Bun

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

Menu subject to change based on availability.

Monday

No School

8

Non-Attendance Day

**Tuesday** Soft Shell Beef Tacos

**Featured Veggies:** Tomatoes

Choice of Fruit Choice of Milk

BBQ Boneless Chicken

Winas

Whole Grain Soft Pretzel

**Featured Veggies:** 

Celery & Carrot Stick Cup

Choice of Fruit

Wednesday

Chicken Patty on a

Whole Grain Bun

**Featured Veggies:** Cooked Carrots

Choice of Fruit Choice of Milk

10

Taco Pizza

**Featured Veggies:** 

Side Salad

Choice of Fruit

Choice of Milk

**Thursday** 

Chicken & Gravv w/ Cheez-It's

**Featured Veggies:** Mashed Potatoes & Gravy

Cheeseburger Mac

Featured Veggies:

Cucumbers

Choice of Fruit

Choice of Milk

Choice of Fruit Choice of Milk

**Friday** 

Hot Dog on a Whole Grain

Featured Veggies:

Fresh Broccoli

Choice of Fruit Choice of Milk

Superfruit Craveable w/ Goldfish Crackers

Featured Veggies:

Tomatoes

Choice of Fruit Choice of Milk

Chicken Nuggets Whole Grain Soft Pretzel

> **Featured Veggies:** Cucumbers

> > Choice of Fruit Choice of Milk

Choice of Milk 16

Beef Walking Taco w/ Tostito Scoops

**Featured Veggies:** Red Pepper Strips

Choice of Fruit Choice of Milk

17

Pancake Chicken Sausage Bites w/a Chocolate Chip Mini Loaf

> **Featured Veggies:** Tater Triangle

Choice of Fruit Choice of Milk

18

Chicken Pizza Craveable w/Sliced Apples

> Featured Veggies: Garbanzo Beans

Choice of Fruit Choice of Milk

Fish Sticks w/ Belly Bears

Featured Veggies: Fresh Broccoli

> Choice of Fruit Choice of Milk

Chicken Patty on a Whole Grain Bun

Featured Veggies: Green Peppers

Choice of Fruit Choice of Milk

23

Non-Attendance Day

24

Goulash

**Featured Veggies:** Cucumbers

Choice of Fruit Choice of Milk

BBQ Chicken Nachos

w/ Tostito Scoops

Featured Veggies: Side Salad

Choice of Fruit Choice of Milk

26 Egg & Cheese Bagel

Tater Triangle

Choice of Milk

Sloppy Joe on a Whole Grain Pretzel Bun

**Featured Veggies:** 

Celery Sticks

Choice of Fruit Choice of Milk

Chicken Walking Taco w/ Nacho Cheese Doritos

Featured Veggies:

Tomatoes

Choice of Fruit Choice of Milk

Featured Veggies:

Choice of Fruit