

November 2023

# ERIE'S PUBLIC SCHOOL LUNCH MENU

## DiPaolo November 2023



### 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 & employer.

### 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, 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

**\*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

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Menu subject to change based on availability.

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> Pasta w/Meatballs  <b>Featured Veggies:</b> Side Salad  Choice of Fruit Choice of Milk	<b>2</b> Sweet 'n Sour Chicken Fried Rice  <b>Featured Veggies:</b> Baby Carrots  Choice of Fruit Choice of Milk	<b>3</b> Egg & Cheese Bagel Sandwich  <b>Featured Veggies:</b> Tater Triangles  Choice of Fruit Choice of Milk
<b>6</b> Chicken Tenders w/a Whole Grain Soft Pretzel  <b>Featured Veggies:</b> Green Pepper Strips  Choice of Fruit Choice of Milk	<b>7</b> No School	<b>8</b> French Toast Sticks w/Pork Sausage Links Fresh Fruit Cup  <b>Featured Veggies:</b> Sweet Potato Home Fries  Choice of Fruit Choice of Milk	<b>9</b> Chicken Mashed Potato Bowl w/Scooby Snacks  <b>Featured Veggies:</b> Mashed Potatoes & Corn  Choice of Fruit Choice of Milk	<b>10</b> Pizza Bagels  <b>Featured Veggies:</b> Broccoli w/Cheese  Choice of Fruit Choice of Milk
<b>13</b> Pancake Chicken Sausage Bites Chocolate Chip Mini Loaf  <b>Featured Veggies:</b> Hash Brown Patties  Choice of Fruit Choice of Milk	<b>14</b> BBQ Boneless Chicken Wings Whole Grain Soft Pretzel  <b>Featured Veggies:</b> Celery & Carrot Stick Cup  Choice of Fruit Choice of Milk	<b>15</b> Fall Fest Turkey Roast/Gravy Mashed Potatoes w/Gravy WG Dinner Roll  <b>Featured Veggies:</b> Corn  Frozen Fruit Ice Choice of Milk	<b>16</b> Taco Pizza  <b>Featured Veggies:</b> Red Pepper Strips  Choice of Fruit Choice of Milk	<b>17</b> Fish Sticks w/a Cookies & Cream Granola Bar  <b>Featured Veggies:</b> Broccoli  Choice of Fruit Choice of Milk
<b>20</b> No School	<b>21</b> No School	<b>22</b> No School	<b>23</b> No School  Thanksgiving Day	<b>24</b> No School
<b>27</b> No School	<b>28</b> Beef Walking Taco w/Tostito Scoops & a Chocolate Chip Granola Bar  <b>Featured Veggies:</b> Red Pepper Strips  Choice of Fruit Choice of Milk	<b>29</b> Butter Chicken w/Whole Grain Flat Bread  <b>Featured Veggies:</b> Strawberry Spinach Salad  Choice of Fruit Choice of Milk	<b>30</b> Pancakes w/Syrup & Pork Sausage Links  <b>Featured Veggies:</b> Tater Triangles  Choice of Fruit Choice of Milk	