

May 2024

# ERIE'S PUBLIC SCHOOL LUNCH MENU

## DiPaolo May 2024



### 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> Chicken Patty on a Whole Grain Bun  <b>Featured Veggies:</b> Peas  Choice of Fruit Choice of Milk	<b>2</b> Turkey & Cheese on a Whole Grain Bun  <b>Featured Veggies:</b> French Fries  Choice of Fruit Choice of Milk	<b>3</b> Chicken Nuggets w/ a Whole Grain Soft Pretzel  <b>Featured Veggies:</b> Diced Carrots  Choice of Fruit Choice of Milk
<b>6</b> Hamburger on a Whole Grain Bun  <b>Featured Veggies:</b> Green Beans  Choice of Fruit Choice of Milk	<b>7</b> Boneless Chicken Bites w/ WG Goldfish Crackers  <b>Featured Veggies:</b> French Fries  Choice of Fruit Choice of Milk	<b>8</b> Superfruit Craveable w/ an Orange Mini Loaf  <b>Featured Veggies:</b> Side Salad  Choice of Fruit Choice of Milk	<b>9</b> Sweet 'n Sour Chicken Fried Rice  <b>Featured Veggies:</b> Peas  Choice of Fruit Choice of Milk	<b>10</b> Egg & Cheese Bagel Sandwich  <b>Featured Veggies:</b> Red Pepper Strips  Choice of Fruit Choice of Milk
<b>13</b> Hot Dog on a Whole Grain Bun   <b>Featured Veggies:</b> Green Pepper Strips  Choice of Fruit Choice of Milk	<b>14</b> BBQ Chicken Nachos w/ Tostito Scoops  <b>Featured Veggies:</b> Tomatoes  Choice of Fruit Choice of Milk	<b>15</b> Cheeseburger on a Whole Grain Bun  <b>Featured Veggies:</b> Diced Carrots  Choice of Fruit Choice of Milk	<b>16</b> Chicken Mashed Potato Bowl w/ Scooby Snacks   <b>Featured Veggies:</b> Mashed Potatoes & Corn  Choice of Fruit Choice of Milk	<b>17</b> Chicken Patty on a Whole Grain Bun  <b>Featured Veggies:</b> Side Salad  Choice of Fruit Choice of Milk
<b>20</b> Hot Dog on a Whole Grain Bun   <b>Featured Veggies:</b> French Fries  Choice of Fruit Choice of Milk	<b>21</b> BBQ Boneless Chicken Wings Whole Grain Soft Pretzel  <b>Featured Veggies:</b> Celery & Carrot Stick Cup  Choice of Fruit Choice of Milk	<b>22</b> Breakfast Pizza  <b>Featured Veggies:</b> Peas  Choice of Fruit Choice of Milk	<b>23</b> Taco Pizza  <b>Featured Veggies:</b> Red Pepper Strips  Choice of Fruit Choice of Milk	<b>24</b> Fish Sticks w/an Orange Mini Loaf  <b>Featured Veggies:</b> Side Salad  Choice of Fruit Choice of Milk
<b>27</b> No School  <b>Memorial Day</b>	<b>28</b> Beef Walking Taco w/ Tostito Scoops  <b>Featured Veggies:</b> Red Pepper Strips  Choice of Fruit Choice of Milk	<b>29</b> Pizza Burger on a Whole Grain Bun  <b>Featured Veggies:</b> Peas  Choice of Fruit Choice of Milk	<b>30</b> Pancake Chicken Sausage Bites w/a Chocolate Chip Mini Loaf  <b>Featured Veggies:</b> Tater Triangles  Choice of Fruit Choice of Milk	<b>31</b> Taco Pizza  <b>Featured Veggies:</b> Side Salad  Choice of Fruit Choice of Milk