

February 2024



ERIE'S PUBLIC SCHOOL LUNCH MENU

Elementary/Erie Intervention/Eagle's Nest

February 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:
 Turkey Entree Salad w/Goldfish Crackers*
 Vegetarian Garden Salad w/Goldfish Crackers*
 Smucker's Uncrustable PB&J w/Cheese Stick*
 String Cheese & Yogurt Combo w/ Goldfish Crackers*

***Additional whole grain soft pretzel is available upon request.**
Options also include: milk, fruit, & vegetable.
Menu subject to change based on availability.

Jenny Johns - General Manager
Jean Viglione - Registered Dietitian
Jess Kremer - Chef Manager
Shawn Leh - Chef Manager
Phone: 814-874-6885
Fax: 814-874-6889

Farm To School
February 15
A sampling of Honey Cinnamon Carrots!

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Waffles w/Fried Chicken Leg Featured Veggies: Green Beans Choice of Fruit Choice of Milk	2 Macaroni & Cheese Featured Veggies: Tomatoes Choice of Fruit Choice of Milk
5 Mini Mac Burger on a Whole Grain Bun Featured Veggies: Red Pepper Strips Choice of Fruit Choice of Milk	6 Chicken Walking Taco w/Nacho Cheese Doritos & a Cookies & Cream Granola Bar Featured Veggies: Corn Choice of Fruit Choice of Milk	7 Pasta w/Meatballs Featured Veggies: Side Salad Choice of Fruit Choice of Milk	8 Sweet 'n Sour Chicken Fried Rice Domino's Pizza: Lincoln, Harding, PB, RB Wiley 1 Featured Veggies: Baby Carrots Choice of Fruit Choice of Milk	9 Egg & Cheese Bagel Sandwich Featured Veggies: Tater Triangles Choice of Fruit Choice of Milk
12 Chicken Tenders w/a Whole Grain Soft Pretzel Featured Veggies: Green Pepper Strips Choice of Fruit Choice of Milk	13 Soft Shell Beef Tacos Featured Veggies: Tomatoes Choice of Fruit Choice of Milk	14 French Toast Sticks w/ Pork Sausage Links Fresh Fruit Cup Featured Veggies: Sweet Potato Home Fries Choice of Fruit Choice of Milk	15 Chicken Mashed Potato Bowl w/Scooby Snacks Featured Veggies: Mashed Potatoes & Corn Choice of Fruit Choice of Milk	16 Pizza Bagels Featured Veggies: Broccoli w/Cheese Choice of Fruit Choice of Milk
19 No School	20 BBQ Boneless Chicken Wings Whole Grain Soft Pretzel Featured Veggies: Celery & Carrot Stick Cup Choice of Fruit Choice of Milk	21 Cheeseburger Mac Featured Veggies: Cucumbers Choice of Fruit Choice of Milk	22 Taco Pizza Domino's Pizza: Connell, Jefferson, McKinley, Erie Int & Eagle's Nest Featured Veggies: Red Pepper Strips Choice of Fruit Choice of Milk	23 Fish Sticks w/a Cookies & Cream Granola Bar Featured Veggies: Broccoli Choice of Fruit Choice of Milk
26 Chicken Nuggets Whole Grain Soft Pretzel Featured Veggies: Cucumbers Choice of Fruit Choice of Milk	27 Beef Walking Taco w/Tostito Scoops & a Chocolate Chip Granola Bar Featured Veggies: Red Pepper Strips Choice of Fruit Choice of Milk	28 Butter Chicken w/Whole Grain Flat Bread Featured Veggies: Strawberry Spinach Salad Choice of Fruit Choice of Milk	29 Pancakes w/Syrup & Pork Sausage Links Featured Veggies: Tater Triangles Choice of Fruit Choice of Milk	