



ERIE'S PUBLIC HIGH SCHOOL LUNCH MENU



May 2024 Erie High



What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price. A 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, Fat-Free
Chocolate & White

Daily Vegetable Choices May Include:
Spinach, Broccoli, Romaine Salad, Carrots, Sweet Potatoes, Tomatoes, Red Peppers, Beans, Peas, Potatoes, Corn, Celery sticks, Cucumbers, Cauliflower, Green Peppers, Green Beans and Green Peppers

Daily Fruit Choices May Include:
Oranges, Apples, Bananas, Grapes, Pears, Peaches, Strawberries, Applesauce, Pineapple, 100% Fruit Juices, and Mandarin Oranges

Leave Your Lunch at Home
Daily entrée options may include:
Whole Grain Chicken Patty on a Bun w/ a side of Lettuce & Tomato
Whole Grain Chicken Nuggets w/ Whole Grain Soft Pretzel
Assorted Fresh Dough Pizza
Smucker's Uncrustable Peanut Butter & Jelly Sandwich
Salad Bar

A variety of salads, sandwiches and subs offered daily.

Menu subject to change due to availability.



Jennifer Johns: General Manager
Jean Viglione: Registered Dietitian
Shawn Leh: Chef Manager
Jess Kremer: Chef Manager

Phone: 814-874-6885 Fax: 814-874-6889

USDA is an equal opportunity provider and employer.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Taco Bar! Soft or walking tacos or enchiladas with toppings and sauces.



Deluxe Chicken Patty on a Whole Grain Bun
w/ Cheese, Lettuce, Tomato

FEATURED VEGGIES
Broccoli
Coleslaw
Choice of Fruit
Choice of Milk

Chicken 'N Waffle Sandwich w/Hot Honey Glaze

FEATURED VEGGIES
Green Beans
Cucumber Salad w/Dressing
Choice of Fruit
Choice of Milk

Chicken Bacon Ranch Sub

FEATURED VEGGIES
Tomatoes
Asian Pepper Slaw
Choice of Fruit
Choice of Milk

6

7

8

9

10



Philly Cheesesteak Bar! Beef or chicken Philly cheesesteaks w/ toppings and sauces.

Mini Mac Burger on a Whole Grain Bun

FEATURED VEGGIES
Garbanzo Beans
Red Pepper Strips
Choice of Fruit
Choice of Milk

South West Chicken w/Rice Bowl

FEATURED VEGGIES
Corn
Potato Wedges
Choice of Fruit
Choice of Milk

Chicken Parmesan Sandwich

FEATURED VEGGIES
French Fries
Side Salad
Choice of Fruit
Choice of Milk

Sweet & Sour Chicken Fried Rice

FEATURED VEGGIES
Stir Fry Vegetables
Baby Carrots
Choice of Fruit
Choice of Milk

Veggie & Cheese Quesadilla

FEATURED VEGGIES
Celery
Sauteed Green Beans
Choice of Fruit
Choice of Milk

13

14

15

16

17



Baked Potato Bar: Loaded Baked Potatoes w/ all the toppings

Loaded Fries with Whole Grain Soft Pretzels

FEATURED VEGGIES
Green Pepper Strips
Oven Roasted Zucchini
Choice of Fruit
Choice of Milk

BBQ Chicken Nachos w/ Tostito Scoops

FEATURED VEGGIES
Yellow Beans
Street Corn Salad
Choice of Fruit
Choice of Milk

Pulled Pork Sandwich on a Whole Grain Bun
Fresh Fruit Cup

FEATURED VEGGIES
Sweet Potato Home Fries
Broccoli w/Cheese
Choice of Fruit
Choice of Milk

Chicken Mashed Potato Bowl w/Scoobv Snacks

FEATURED VEGGIES
Mashed Potatoes
Corn
Choice of Fruit
Choice of Milk

Asian Chicken Noodle Bowl

FEATURED VEGGIES
Asian Pepper Slaw
Sauteed Bok Choy
Choice of Fruit
Choice of Milk

20

21

22

23

24



Street Noodle: Asian Fusion Noodle or Rice Bowls w/ Choice of Meat & Sauce

Hot Ham & Cheese on a Pretzel Bun

FEATURED VEGGIES
Hash Brown Patties
Green Peppers
Choice of Fruit
Choice of Milk

Chicken Curry Casserole

FEATURED VEGGIES
Corn
Side Salad
Choice of Fruit
Choice of Milk

Chicken Tenders w/a Whole Grain Soft Pretzel

FEATURED VEGGIES
Tomatoes
Zesty Country Green Beans
Choice of Fruit
Choice of Milk

Buffalo Chicken Dip w/ Tortilla Chips

FEATURED VEGGIES
Garlic Parmesan Broccoli
Celery Sticks
Choice of Fruit
Choice of Milk

Fish Sandwich on a Whole Grain Bun

FEATURED VEGGIES
French Fries
Coleslaw
Choice of Fruit
Choice of Milk

27

28

29

30

31



Breakfast Bar: Choice of Scrambled eggs, pork sausage or yogurt. Add French toast sticks, waffles or mini pancakes along with cinnamon apples or potato patty or tots.

No School

Memorial Day

Beef Walking Taco w/ Tostito Scoops

FEATURED VEGGIES
Black Bean & Corn Salad
Red Pepper Strips
Choice of Fruit
Choice of Milk

Pizza Burger on a Whole Grain Bun

FEATURED VEGGIES
Strawberry Spinach Salad
Garlic Parmesan Broccoli
Choice of Fruit
Choice of Milk

Crispy Chicken Salad w/Fries

FEATURED VEGGIES
French Fries
Apple & Celery Side Salad
Choice of Fruit
Choice of Milk

Pepperoni & Cheese Calzone w/Marinara Sauce Cup

FEATURED VEGGIES
Popcorn Cauliflower
Side Salad
Choice of Fruit
Choice of Milk

Soup/Salad, Hummus, Specialty Pizza Features

Week of: 4/29-5/3
SOUP
Chicken Noodle
PIZZA
Vegetable
BBQ Chicken
HUMMUS
Roasted Red Pepper or Choc

Week of: 5/6-5/10
SOUP
Buffalo Chicken Chowder
PIZZA
Broccoli Chicken Ranch
Macaroni & Cheese
HUMMUS
Sweet Chili or Pumpkin Pie

Week of: 5/13-5/17
SOUP
Broccoli Cheese
PIZZA
White Vegetable
Taco
HUMMUS
Roasted Red Pepper or Choc

Week of: 5/20-5/24
SOUP
Chicken Noodle
PIZZA
Supreme
Philly Steak
HUMMUS
Sweet Chili or Pumpkin Pie

Week of: 5/27-5/31
SOUP
Buffalo Chicken Chowder
PIZZA
Vegetable
Buffalo Chicken
HUMMUS
Roasted Red Pepper or Choc