



# ERIE'S PUBLIC HIGH SCHOOL LUNCH MENU



## April 2024



### 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

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USDA is an equal opportunity provider and employer.

MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
<b>BRV!</b> <i>express</i> <b>Boneless Wing Bar! Choice of sauce &amp; seasonings. Tossed to order. Served with a pretzel rod, potato/veg.</b>				
No School	Beef Soft Taco Supreme  <b>FEATURED VEGGIES</b> Yellow Beans Street Corn Salad Choice of Fruit Choice of Milk	Pulled Pork Sandwich on a Whole Grain Bun Fresh Fruit Cup  <b>FEATURED VEGGIES</b> Sweet Potato Home Fries Broccoli w/Cheese Choice of Fruit Choice of Milk	Chicken Mashed Potato Bowl w/Scooby Snacks  <b>FEATURED VEGGIES</b> Mashed Potatoes Corn Choice of Fruit Choice of Milk	Asian Chicken Noodle Bowl  <b>FEATURED VEGGIES</b> Asian Pepper Slaw Sauteed Bok Choy Choice of Fruit Choice of Milk
<b>BRV!</b> <i>express</i> <b>TEXAS SMOKEHOUSE! Choice of BBQ pulled pork or chicken sandwich served w/choice of potato/veg.</b>				
Non-Attendance Day	Chicken Curry Casserole  <b>FEATURED VEGGIES</b> Corn Side Salad Choice of Fruit Choice of Milk	Chicken Tenders w/a Whole Grain Soft Pretzel  <b>FEATURED VEGGIES</b> Tomatoes Zesty Country Green Beans Choice of Fruit Choice of Milk	Buffalo Chicken Dip w/ Tortilla Chins  <b>FEATURED VEGGIES</b> Garlic Parmesan Broccoli Celery Sticks Choice of Fruit Choice of Milk	Fish Sandwich on a Whole Grain Bun  <b>FEATURED VEGGIES</b> French Fries Coleslaw Choice of Fruit Choice of Milk
<b>BRV!</b> <i>express</i> <b>Hot Dog Bar: Build your hot dog w/assorted toppings &amp; choose from a side of baked beans, coleslaw or French fries.</b>				
Chicken Ranch Wrap  <b>FEATURED VEGGIES</b> Roasted Zucchini Cucumbers Choice of Fruit Choice of Milk	Beef Walking Taco w/ Tostito Scoops  <b>FEATURED VEGGIES</b> Black Bean & Corn Salad Red Pepper Strips Choice of Fruit Choice of Milk	Chicken Patty on a Whole Grain Bun  <b>FEATURED VEGGIES</b> Strawberry Spinach Salad Garlic Parmesan Broccoli Choice of Fruit Choice of Milk	Crispy Chicken Salad w/Fries  <b>FEATURED VEGGIES</b> French Fries Apple & Celery Side Salad Choice of Fruit Choice of Milk	Pepperoni & Cheese Calzone w/Marinara Sauce Cup  <b>FEATURED VEGGIES</b> Popcorn Cauliflower Side Salad Choice of Fruit Choice of Milk
<b>BRV!</b> <i>express</i> <b>Mac &amp; Cheese Bar</b>				
Mighty Mac Burger Salad w/WG Goldfish Crackers & WG Soft Pretzel  <b>FEATURED VEGGIES</b> French Fries Kale Citrus Side Salad Choice of Fruit Choice of Milk	Non-Attendance Day	Goulash  <b>FEATURED VEGGIES</b> Side Salad Apple Cider Slaw Choice of Fruit Choice of Milk	Sliced Turkey w/Gravy & 2 Whole Grain Soft Pretzels  <b>FEATURED VEGGIES</b> Mashed Potatoes & Gravy Green Beans Choice of Fruit Choice of Milk	Grilled Cheese Sandwich  <b>FEATURED VEGGIES</b> Broccoli Creamy Tomato Soup Choice of Fruit Choice of Milk
<b>BRV!</b> <i>express</i> <b>Taco Bar! Soft or walking tacos or enchiladas with toppings and sauces.</b>				
Cheeseburger Casserole w/a Whole Grain Soft Pretzel  <b>FEATURED VEGGIES</b> Dill Seasoned Tater Triangles Peas Choice of Fruit Choice of Milk	Chicken Walking Taco w/ Nacho Cheese Doritos  <b>FEATURED VEGGIES</b> Roasted Vegetables Cucumbers Choice of Fruit Choice of Milk			
<b>Soup/Salad, Hummus, Specialty Pizza Features</b>				
Week of: 4/1-4/5 <b>SOUP</b> Broccoli Cheese <b>PIZZA</b> White Vegetable Taco <b>HUMMUS</b> Roasted Red Pepper or Choc	Week of: 4/8-4/12 <b>SOUP</b> Chicken Noodle <b>PIZZA</b> Supreme Philly Steak <b>HUMMUS</b> Sweet Chili or Pumpkin Pie	Week of: 4/15-4/19 <b>SOUP</b> Buffalo Chicken Chowder <b>PIZZA</b> Vegetable Buffalo Chicken <b>HUMMUS</b> Roasted Red Pepper or Choc	Week of: 4/22-4/26 <b>SOUP</b> Broccoli Cheese <b>PIZZA</b> Sausage/Pepperoni Hawaiian <b>HUMMUS</b> Sweet Chili or Pumpkin Pie	Week of: 4/29-5/3 <b>SOUP</b> Chicken Noodle <b>PIZZA</b> Vegetable BBQ Chicken <b>HUMMUS</b> Roasted Red Pepper or Choc