



ERIE'S PUBLIC HIGH SCHOOL LUNCH MENU



November 2023



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 Unrustable 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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Philly Cheesesteak Bar! Beef or chicken Philly cheesesteaks w/ toppings and sauces.				
		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	National Sandwich Day Super Subs FEATURED VEGGIES Celery Sautéed Green Beans Choice of Fruit Choice of Milk
Baked Potato Bar: Loaded Baked Potatoes w/ all the toppings				
	No School	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/Snoobv Snacks FEATURED VEGGIES Mashed Potatoes Corn Choice of Fruit Choice of Milk	Asian Chicken Noodle Bowl FEATURED VEGGIES Asian Pepper Slaw Sautéed Bok Choy Choice of Fruit Choice of Milk
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	Fall Fest Turkey Roast w/Gravy Mashed Potatoes w/Gravy WG Dinner Roll FEATURED VEGGIES Corn Frozen Fruit Ice 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
No School				
Thanksgiving				
Breakfast Bar: Choice of Scrambles eggs, pork sausage or yogurt. Add French toast sticks, waffles or mini pancakes along with cinnamon apples or potato patty or tots.				
No School	Beef Walking Taco w/ Tostito Scoops FEATURED VEGGIES Black Bean & Corn Salad Red Pepper Strips Choice of Fruit Choice of Milk	Butter Chicken w/ Whole Grain Flat Bread 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	
Soup, Hummus, Specialty Pizza Features				
Week of: 11/1-11/3 SOUP Buffalo Chicken Chowder PIZZA Broccoli Chicken Ranch Macaroni & Cheese HUMMUS Sweet Chili or Pumpkin Pie	Week of: 11/6-11/10 SOUP Broccoli Cheese PIZZA White Vegetable Taco HUMMUS Roasted Red Pepper or Choc.	Week of: 11/13-11/17 SOUP Chicken Noodle PIZZA Supreme Philly Steak HUMMUS Sweet Chili or Pumpkin Pie	Week of: 11/27-12/1 SOUP Buffalo Chicken Chowder PIZZA Vegetable Buffalo Chicken HUMMUS Roasted Red Pepper or Choc.	