

ERIE'S PUBLIC MIDDLE 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
- Lettuce & Tomato Side Available
- Assorted Fresh Dough Pizza
- Smuckers Uncrustable Peanut Butter & Jelly
- Garden Salad or Turkey Entree Salad
- Salads served w/ Goldfish Crackers & a Whole Grain Pretzel
- Sub Sandwiches

Menu is subject to change based on 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

Specialty Pizza: White Vegetable or Taco OR Hummus Platter: Roasted Red Pepper or Chocolate Dippers

No School	Soft Shell Beef Tacos FEATURED VEGGIES Tomatoes Choice of Fruit Choice of Milk	French Toast Sticks w/ Pork Sausage Links Fresh Fruit Cup FEATURED VEGGIES Sweet Potato Home Fries Choice of Fruit Choice of Milk	Chicken Mashed Potato Bow w/a Whole Grain Soft Pretzel FEATURED VEGGIES Mashed Potatoes & Corn Choice of Fruit Choice of Milk	Chicken Bacon Ranch Sub FEATURED VEGGIES Broccoli w/Cheese Choice of Fruit Choice of Milk
1	2	3	4	5

Specialty Pizza: Supreme or Philly Steak OR Hummus Platter: Sweet Chili or Pumpkin Pie Dippers

Non-Attendance Day	BBQ Boneless Wings w/a Whole Grain Soft Pretzel FEATURED VEGGIES Celery & Carrot Stick Cup Choice of Fruit Choice of Milk	Bacon Cheeseburger on a Whole Grain Bun Lettuce & Tomato Side Available FEATURED VEGGIES Cucumbers Choice of Fruit Choice of Milk	Buffalo Chicken Dip w/Tortilla Chips FEATURED VEGGIES Red Pepper Strips Choice of Fruit Choice of Milk	Fish Sandwich on a Whole Grain Bun FEATURED VEGGIES Broccoli Choice of Fruit Choice of Milk
8	9	10	11	12

Specialty Pizza: Vegetable or Buffalo Chicken OR Hummus Platter: Roasted Red Pepper or Chocolate Dippers

Chicken Nuggets w/a Whole Grain Soft Pretzel FEATURED VEGGIES Cucumbers Choice of Fruit Choice of Milk	Walking Taco w/Tostito Scoops & a Choc Chio Granola Bar FEATURED VEGGIES Red Pepper Strips Choice of Fruit Choice of Milk	Chicken Patty on a Whole Grain Bun FEATURED VEGGIES Strawberry Spinach Salad Choice of Fruit Choice of Milk	Pancakes w/Syrup Pork Sausage Links FEATURED VEGGIES Tater Triangles Choice of Fruit Choice of Milk	Pepperoni & Cheese Calzone w/Marinara Sauce Cuo FEATURED VEGGIES Popcorn Cauliflower Choice of Fruit Choice of Milk
15	16	17	18	19

Specialty Pizza: Sausage/Pepperoni or Hawaiian OR Hummus Platter: Sweet Chili or Pumpkin Pie Dippers

Mighty Mac Burger Salad FEATURED VEGGIES Crinkle Cut Fries Choice of Fruit Choice of Milk	Non-Attendance Day	Goulash FEATURED VEGGIES Side Salad Choice of Fruit Choice of Milk	Sliced Turkey w/Gravy & a Whole Grain Soft Pretzel FEATURED VEGGIES Mashed Potatoes w/Gravy Choice of Fruit Choice of Milk	Grilled Cheese Sandwich FEATURED VEGGIES Creamy Tomato Soup Choice of Fruit Choice of Milk
22	23	24	25	26

Specialty Pizza: Vegetable or BBQ Chicken OR Hummus Platter: Roasted Red Pepper or Chocolate Dippers

Cheeseburger Casserole & a Whole Grain Soft Pretzel FEATURED VEGGIES Dill Seasoned Tater Triangles Choice of Fruit Choice of Milk	Chicken Walking Taco w/ Nacho Cheese Doritos FEATURED VEGGIES Cucumber Slices Choice of Fruit Choice of Milk			
29	30			

Free breakfast and lunch available to all students when school is in session!

