

ERIE'S PUBLIC MIDDLE SCHOOL LUNCH MENU

February 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 Soft 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: Vegetable or BBQ Chicken OR Hummus Platter: Roasted Red Pepper or Chocolate Dippers

			Waffles w/a Fried Chicken Lea FEATURED VEGGIES Green Beans Choice of Fruit Choice of Milk	Macaroni & Cheese w/a Whole Grain Soft Pretzel FEATURED VEGGIES Tomatoes Choice of Fruit Choice of Milk
			1	2

Specialty Pizza: Broccoli Chicken Ranch or Macaroni & Cheese OR Hummus Platter: Sweet Chili or Pumpkin Pie Dippers

Mini Mac Burger on a Whole Grain Bun FEATURED VEGGIES Red Pepper Slices Choice of Fruit Choice of Milk	Chicken Walking Taco w/ Nacho Cheese Doritos & a Cookies & Cream Granola Bar FEATURED VEGGIES Corn Choice of Fruit Choice of Milk	Pasta w/Meatballs w/a Whole Grain Garlic Stick FEATURED VEGGIES Side Salad Choice of Fruit Choice of Milk	Sweet & Sour Chicken Fried Rice FEATURED VEGGIES Baby Carrots Choice of Fruit Choice of Milk	Super Sub Day FEATURED VEGGIES French Fries Choice of Fruit Choice of Milk
5	6	7	8	9

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

Chicken Tenders w/a Whole Grain Soft Pretzel FEATURED VEGGIES Green Pepper Strips Choice of Fruit Choice of Milk	Soft Shell Beef Tacos FEATURED VEGGIES Tomatoes Choice of Fruit Choice of Milk	French Toast Sticks w/ Pork Sausage Links & a 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
12	13	14	15	16

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

No School	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
	19	20	21	22

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 Chip Granola Bar FEATURED VEGGIES Red Pepper Strips Choice of Fruit Choice of Milk	Butter Chicken w/ Whole Grain Flat Bread 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	
26	27	28	29	

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

